

THE Ladies Dispensatory :

O R,

Every Woman her own Physician.

TREATING OF THE

Nature, Causes, and various Symptoms, of all the Diseases, Infirmities, and Disorders, natural or contracted, that most peculiarly affect the FAIR SEX, in all their different Situations of Life, as Maids, Married Women, and Widows ;

Under the following HEADS :

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| <p>Of contracted Weakness, before Marriage especially ; with proper Advice concerning it.</p> <p>Of the Courses, their various Irregularities, as Suppression, Obstruction, immoderate Flux, Suppuration, Complication with other Diseases, &c.</p> <p>Of the Hysteric Disease, or Vapours, and all Hypochondriacal Disorders : Also of the Green Sickness, and Furor Uterinus.</p> <p>Of the Whites, the Piles, Relaxations of the Uterus and Fundament, Swellings, Ulcers, and other Uterine Affections.</p> <p>Of the Generative Parts in a Woman ; with an Account of Generation and Conception, and other curious Particulars relating to the Use of the Marriage-Bed.</p> | <p>Of Barrenness in Women, and Impotency in Men, in all the possible known Circumstances of either.</p> <p>Of the Management of Women with Child, and the Disorders attending Pregnancy : Likewise of Moles, False Conception, and Miscarriage.</p> <p>Of the Symptoms preceding, and Disorders attending Delivery, whether natural, difficult, or unnatural ; with particular Directions regarding the Office of a Midwife.</p> <p>Of the Disorders consequent upon Delivery, both in the Breasts and elsewhere, both those immediate and those of longer Continuance.</p> <p>Of the Management of new-born Infants, and the Diseases they are usually subject to, from their Birth till four or five Years of Age.</p> |
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WITH

Variety of PROPER REMEDIES, in *Words at length*, adapted to each *Particular Case*, agreeably to the best modern Practice : By the Help of which any MAID or WOMAN, who can read *English*, may not only come at a true Knowledge of her Indisposition, but be enabled to cure it without applying, or even discovering her Condition, to any Person living.

A L S O,

A compleat Index, an Explanation of difficult Terms, and a copious Preface, including a *pathetic Address* to all *fashionable Mothers*, in behalf of *themselves* and their *tender Off-spring*.

The SECOND EDITION.

L O N D O N :

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T H E P R E F A C E.

TH E Nature and Design of this Treatise being fully explained in the Title-page, I need not say any Thing further concerning it in a Preface: But a few Words may be necessary on the Usefulness and Advantage of such Books in general, and the great Want there was of one more perfect in its Kind than any which had yet appeared.

The delicate Texture of a Woman's Constitution, as on the one Hand it renders her the most amiable Object in the Universe, so on the other it subjects her to an infinite Number of Maladies, to which Man is an utter Stranger, or which he is acquainted with only from Report and Observation. Being designed by the great Author of Nature for the Vehicle thro' which the human Species should be propagated, and the Repository where every original vital Particle should be kept and nourished for a certain Time, while it encreases from infinitely small to a very

considerable Magnitude, it was proper that her Parts should be suited to these Ends; which they could not be, according to Reason, without subjecting the whole Machine to its present Inconveniencies. That lax and pliant Habit, capable of being dilated and contracted on every Occasion, must necessarily want that Degree of Heat and Firmness which is the Characteristick of Man, and which enables him to digest and evacuate his Nutriment in due Time and Proportion. Hence arises that monthly Plenitude which calls for an extraordinary Discharge, and for which Nature has provided in the Situation and Form of certain Vessels. Now this periodical Secretion, as it is unlike any Thing known in other Animals; so it occasions various Symptoms and Cases that deserve the utmost and nicest Regard of Physicians, as they resemble no other Diseases that fall under their Inspection. And if we add to this, the Dangers, Difficulties, and various Symptoms attendant on Child-bearing, all which, as well as the former, are treated of at large in the following Sheets, I make no question but the Necessity and Usefulness of Books in general on the Diseases of Women, will be acknowledged not only by ev'ry one of that Sex, but also by every one of ours who considers the Matter, and is endued with Sentiments truly generous and humane.

As



P R E F A C E.

As to the second Point, the Want of something more perfect in its Kind than had hitherto appear'd, it is no less manifest than the former. We have, indeed, many well written Treatises of Midwifery ; we have a mechanical Dissertation on the *Menses*, that is not only superior to all former Pieces on that Subject, but to most Books of Physick that were ever written : But all these are only for the Learned and Contemplative ; they can be of little or no Use to the Generality of Women, who require plain practical Doctrine, in *English* Words at length, and unencumber'd with numerous Definitions and Demonstrations. Of such, and such only, I have endeavour'd to compose the following Work, that it may be found, in Reality, what the Title Promises : And that the same can be said of any other Book extant, at least of any that has come to my Knowledge, is what I dare take upon me to deny.

To speak freely : The most fashionable Book of this Nature now in Use (if we may guess from the repeated Editions of it advertised in the publick Papers) is so far from being a complete Treatise of *all* the Diseases peculiar to Women, that whoever compares it with this, will find that *above half* those Diseases are not treated of in it all : And, what is yet more inexcusable in its Author, the few Prescriptions he has given for those Cases he has condescended to take Notice of, are all equivocally and fallaciously drawn

up. His *Remedies*, he tells you in his Title, are *prescribed in English*; but in every one of them there is some Reserve, skreen'd behind that formidable Monosyllable *My* (*my* select Mineral, *my* Aperitive Species, &c.) and in this lies much of the Charm, much of the Efficacy of the whole Medicine, as he cautiously observes in his Preface; so that no Woman, except a *Gentlewoman* of his own providing, nor any Apothecary or Physician but himself, can be one Tittle the wiser for his *English* Prescriptions. What then are we to think of this elaborate Performance? Will not any reasonable Person conclude, that the chief Design of the Book is only to serve the Purpose of an Advertisement? There are certain Nostrums in the Writer's Possession, and for Two Shillings and Six Pence you may be inform'd of their Virtues, where they are sold, and in what Quantities they should be taken.

Nothing of this Kind, I am very certain, can be laid to my Charge in the following Sheets. The *Prescriptions* are of the most approved, and stand recommended by Authors of the highest Reputation, from whose Writings they are faithfully extracted and translated: I have introduced a great Variety of them, that every peculiar Circumstance and Symptom attending any of the Diseases here treated of, may be amply provided against; which is certainly much better, both for the Ease and Safety of a Patient,

Patient, than to depend on a few general Preparations, under the Notion of Specifics, which, perhaps, are neither tolerable to the Palate, nor properly adapted to the particular Case. Much the same Method has been observed in the *Definitions*, which are not advanced at Random, or founded merely on my own Imagination, but collected, as they ought to be, from general Observation and Experience.

I shall add nothing farther by way of Apology or Defence; but there is one Particular, of the highest Regard to all Mothers of Children, which I must beg Leave a little to insist on in this Preface: I mean, the advising them to nurse their own Offspring, where it is not utterly inconsistent with some present Disorder. This is not only a Duty incumbent on them, but the most likely Means to preserve their own Health, and prevent many of the Diseases to which they are too often subject.

How unnatural is it, said *Favorinus* the Philosopher to a noble Lady, to be but, as it were, half Mothers to your own Children? To bring them forth, and then immediately to dismiss them? To support and nourish in the Womb what you neither knew nor saw, and to deny them that Nourishment when you see them endued with perfect Life, and imploring your Assistance? Can you think, that Nature should have furnished Woman with those two beautiful

Excrescencies for Ornament only, and not rather for the Support and Sustenance of her Children? This, indeed, seems to be the unaccountable Opinion of some, who, with all the Hazard they suffer at the Turning of their Milk, endeavour to dry up, and extinguish that sacred Fountain for the Support of the human Frame. As there are others, who for the Sake of Beauty and Shape, use Arts to suppress and stifle the Birth in the Womb; which, as it is a Practice universally detested and abhorred, thus to destroy the Man in Embryo, and whilst he is just fashioning under the Hand of Nature, what less is it to deprive him when he is perfectly formed, of his natural and genuine Nourishment?

But, say some, if the Child lives and thrives, what Matter is it whose Milk he sucks? Why do they not say, what Matter of whose Body he is born, or of whose Blood and Spirits he consists? Is not the Blood in the Breasts, tho' altered by Heat in Colour, the same it was in the Womb? And is not the Provision of Nature herein wonderful, that when the Blood has done its Part in forming and finishing the Child in the Womb, it then ascends up higher, ready to issue forth in salutary Streams, for the Support and Establishment of the first Principles of Life, and to recruit the new-born Babe with its proper and natural Sustenance?

It is not without Reason thought, that the good or ill Qualities of the Milk have a considerable Influence on the Mind and Body, and contribute, as much as any Thing, towards the forming a Similitude of Disposition and Temper in the one, as well as of Strength and Beauty in the other. The same Observation holds in Beasts as well as Men ; and if you were to bring up a Lamb and a Goat with each other's Milk, you would find their Coats naturally contract somewhat of the Softness and Roughness that is peculiar to each Kind. And so likewise the Growth and Improvement of Trees and Fruit, depends more upon the Soil and Water they are fed with, than of the very Seed they are sown ; so that a Tree which thrives and flourishes in one Place, shall, by being transplanted into another and meaner Soil, quite wither and decay.

What Madness is it then to leave a Body and a Mind, formed upon noble and generous Principles, to be corrupted by the base Mixture and Allay of a Stranger's Milk, especially if your Nurse (which too frequently happens) should prove dishonest, intemperate, or lewd ? And there is not always that Care which ought to be, even in the Choice of them. Is it fit we should suffer the Infant to be thus perniciously infected, and to draw his Life out
of

of a mean ignoble Body ? It is no wonder that we see so many Children bear so little Resemblance of their Parents. Well therefore did *Virgil*, when he was describing a savage and inhuman Disposition, add to his other Reproaches,

[*And rough Hyrcanian Tygers gave the Suck ;*]

intimating thereby the great Part which the Nurse has in forming the Temper of the Man.

But besides all this, there is another Consideration, not to be overlooked or unregarded : That those Mothers who do, as it were, discharge their Children from them, and thus dispose of them, do at least weaken, if not dissolve that Band of Love and Tendernefs which Nature ties between them. For as soon as the Child is out of Sight, that Ardency of natural Affection insensibly decays, and we hear no more of that Impatience and Sollicitude, which would otherwise discover itself, than if the Object of it were laid in the Grave. I might add, that the Thoughts and Inclinations also of the Infant, are apt to fix and center in the Person from whom it has derived its Nourishment, and with whom it has been most conversant, without any apparent Want or Desire of its Mother. When therefore the first Tendernefs and Affection are thus biass'd and perverted, whatever After-love Children thus educated may shew their Parents, it seems, in a great Measure, owing
to

to Opinion and Custom, rather than to a true Principle of Nature. Thus far our excellent Moralift.

And no lefs vehement, on the Head, is a celebrated Divine of our national Church, with a few of whose Thoughts I fhall conclude. We must be fo faithful, fays he, as to tell nice and delicate Mothers, that nurſing of their Children is a natural Duty; and becauſe it is ſo, of a more neceſſary and indiſpenſable Obligation, than any poſitive Precept of Revealed Religion; and that the general Neglect of it is one of the great and crying Sins of this Age and Nation. — It is a ſort of expoſing Children, which frequently, in the Conſequence of it, is little better than laying them in the Streets. — The Objections of *Trouble* and *Reſtraint* which it lays on Women of high Rank, are altogether inſufficient. As to the *Trouble*, no Perſon can be diſcharg'd from any Duty on that Account, ſince God, who made it a Duty, foreſaw the *Trouble* of it when he made it ſo. And as to *Reſtraint*, it can only reſtrain from ſpending the Morning in ſuperfluous Dreffing, the Day in formal and impertinent Viſits, the Evening at laſcivious Plays, and much of the Night in Gaming and Revelling. Nor can State and Dignity excuſe them; becauſe whatever Rank the Mother is of, the Child bears a Proportion to it, and there is the ſame Equality between the greateſt Lady
and

and her own Child, as between the meanest Beggar and hers. The Generation of the Infant is the Effect of Desire; but the Care of it argues Virtue and Choice: And the following severe Words of the Prophet, which those who are above this Part of their Duty, would do well to consider, are a standing Instance how much God himself was displeased with this Barbarity among the Jews: *The Sea-Monsters draw out the Breast; they give suck to their young ones: The Daughter of my People is become cruel, who is hardened against her young ones, as if they were not hers: Her Labour is in vain, without Fear; because God has deprived her of Wisdom, neither has he imparted to her Understanding.*





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T H E

Ladies Dispensatory.

I N T R O D U C T I O N.

BESIDES the Diseases that are common to both Sexes, there are many peculiar to Women, the Nature, Cause, and Cure of which are not often sufficiently known, even to Women themselves. To treat of these in as brief and comprehensive a Manner as possible, is the principal Design of the following Sheets. But I shall not so confine myself to Indispositions purely Feminine, as not to touch upon several kinds of Disorder, both *natural* and *contracted*, which are incident to the whole human Species, Men as well as Women: Because some of these are of such a Nature, that

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for several Reasons, chiefly thro' Shame, the Fair Sex are more likely to conceal them, and therefore may suffer worse Consequences from them, than Men.

To tell, in few Words, what I mean by this Distinction between such Diseases as are *natural*, and those which are *contracted*, I will only say in general, that by the former I understand all those Infirmities to which the Fair Sex are liable, more or less, as Women, without any Fault of their own; and by the latter, such Disorders only as the Patient, by a criminal Indulgence to her Passions, has herself been instrumental in causing. For that many of the Fair, especially in their younger Years, have suffer'd much from a *secret Vice*, by which they have endeavour'd to procure themselves those pleasurable Sensations, which God has order'd to be the Effects of a mutual Commerce between the Sexes, is a Matter too notorious to be any longer doubted of. And certainly none of them can take it amiss, if, for their Advantage in general, I venture so far to expose this Practice of theirs, as may be necessary, in order to remove the evil Consequences of it; and to prevent, as much as possible, the Continuance of it for the future. More than this I shall carefully avoid: And indeed, in every Part of my Treatise, I shall endeavour to be as chaste in my Expression, as the Nature of the several Subjects will permit.



C H A P. I.

Of contracted Weakness, before Marriage especially; with proper Advice concerning it.

AS the *secret Vice* before-mentioned, (for so in regard to Decency I chuse to call it, rather than by any more expressive Name) is chiefly the Fault of the Youth of both Sexes, my Fair Readers will pardon me for making it the Subject of my first Chapter; there being nothing of more Importance to the Preservation of Human-kind in general, than the endeavouring to prevent a Practice that strikes at the very Root of Fertility. And this I shall do, *first*, by exposing the principal Motives to the Commission of it; *secondly*, by setting forth its bad Effects, both Corporal and Spiritual; *thirdly*, by subjoining proper Advice, both Moral and Physical, concerning it.

Among the Motives to this Crime of *Self-Abuse*, the three following have, I think with a great deal of Justice, been assign'd as the Principal. *First*, Ignorance of its Nature and Consequences. As to its Nature, there is no express Prohibition of it in Scripture, and

therefore many may unhappily be induced to imagine, when either by ill Example, their own lascivious Inclinations, or any accidental Cause, they have been betray'd into an Acquaintance with the Practice of it, that there can be no harm in procuring to themselves that Sensation, which, in their present Circumstances, they cannot otherwise acquire, without a manifest Violation of the National Laws, and the Hazard of exposing themselves to Shame and Infamy. If it were not for this unfortunate Mistake, we have little Reason to imagine that Persons otherwise pious, and the most observant of what is seemly in other Particulars, would be guilty of such an Offence both against Religion and Decency. The Case of *Onan*, however, whom God slew for thus wickedly defeating the good Ends of Marriage, may answer the End of a Precept, and witness the divine Detestation of this Kind of Uncleanness. Nor is this Example less applicable to Women than it is to Men, since we shall shew in the following Instances, that they are as capable as Men to render themselves unapt, by a similar Practice, for the Business of Generation. And as to its Consequences, they are no less fatal to this Sex than to the other, as will be abundantly shewn in the same Instances.

The Secresy with which this Crime may be committed, is a *second* Inducement to it. There must be another Party in all other Acts of Uncleanness, but in this there is neither Partaker

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taker nor Witness. And this, above all other Motives, seems to have been the most dangerous to the Fair Sex in particular, who are naturally more bashful than Men, and whom Custom has precluded from making any Advances towards a mutual Commerce with the other Sex.

When Women, who are apparently of a sanguine and amorous Constitution, shall betray no Inclination to Venereal Embraces, and even refuse advantageous Matches; to what other Cause can we impute it, but their being capable of pleasuring themselves in this private Way, and keeping up a Shew of Chastity, while they are abandoned to the most irregular Lusts? Far be it from me to accuse at random, or to say any thing for the sake of Declamation only: But has not more than this been own'd, by the Guilty themselves, after they have been convinced of their Fault, and returned to a Sense of their Duty?

Thirdly, There is no human Law to deter from this Practice, but every one who will, commits it with Impunity. Adultery, in many Countries, is punished with Death; and with us, it subjects a Man to pecuniary Fines, and inflicts eternal Infamy on the Woman, who is known to be guilty of it. Even Fornication, tho' regarded with less Severity, is yet most scandalous to the Fair Sex in particular; especially when they bring into the World, as the Fruit of it, a living Witness of their Crime. But for *Self-Abuse* there is

no Infliction, no other Punishment but Self-Consciousness. And indeed, how can there be any other? The very Nature of it, which renders it secure against Detection, would frustrate any Provision that could be made in this Case by the Legislature. And besides this Security from legal Animadversion, it is safe from the Consequence which single Women must fear in their Commerce with Men, that of becoming pregnant. I might add, that some give into this Way out of Caution: They are loth to trust their Fortunes or Prerogatives in the Hands of a Man, and therefore will not marry: And as to unlawful Embraces, they dare not venture on them for many Reasons. But I proceed to shew, that there can be no Excuse for a Practice, which, besides its Wickedness, is the most prejudicial that can be to the human Constitution.

Its bad Effects on the Body are many and great. If practised often, it relaxes and spoils the retentive Faculty; it occasions the Whites, a very troublesome and dangerous Disease to Women, of which I shall treat hereafter; it ruins the Complexion, makes them look pale, frequently swarthy and haggard; it causes Hysterick Disorders, and sometimes, by draining away the radical Moisture, even Consumptions; it produces Heats in the Privities, Belly, Thighs, with shooting Pains in the Head, and all over the Body; it sometimes brings on a *Furor Uterinus*, or an insatiable Appetite to Venery: But what it is most
liable

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liable to produce is Barrenness, by causing an Indifferency to the Pleasures of *Venus*, and in Time a total Ineptitude to the Act of Generation itself. Virgins, who have indulged themselves over-eagerly in this Abuse of their Bodies, have sometimes deflowered themselves, and destroy'd that valuable Badge of their Chastity, which it is expected they should not part with before Marriage, but which, when lost, can never be retrieved.

But the following select Cases will explain many of its Consequences more fully.

A young Lady, who had been shewn this abominable Vice at the Boarding-School, by her Fellow-Scholars, when she was not above 15 or 16 Years Old, but discontinued at 17 upon Marriage, confessed that afterwards, being left a Widow in about two Years, she returned to her wicked Practice with such Excess, that she brought upon herself a violent Bearing-down of the Womb, and such an Indisposition for Generation, that, tho' she had had three Children during her short Cohabitation with her first Husband, she was not afterwards with Child in three Years by a second, and had little Hopes that she ever should be so. She was troubled with a continual Weakness, a Pain in the Back and Womb, and had no Inclination to the Act of Procreation, tho' she had been excessively fond of it in her first Husband's Time, and had otherwise as much Affection for her second, as a Woman could

have. Her Affliction, on this Account, was very great.

But tho' the foregoing Case was very deplorable, the following was more so. A young Woman of a sanguine Complexion, and a hot lustful Temperament, was induced to break thro' the virtuous Principles which she had before imbibed. She owned, that she began the Abuse of herself at the Age of 14, and lived in a Continuance of it 'till she was 19. She had often bewail'd her miserable Case, but without ever a serious Resolution to leave off the Practice, 'till by the Frequency of it, and the Nature of the Instruments she made use of, she brought herself to such a Habit, as to desire it the more, the more she indulged in it. Having at last drawn down upon herself many dangerous Distempers, she was oblig'd to apply to a Physician for Relief; but none could be afforded her: For being seized with a *Furor Uterinus*, in the Fits of it she would scream out, talk obscenely, pull up her Coats, or throw off the Bed-Cloaths, endeavouring to lay hold of any Man she saw, that he might lie with her. In one of these Fits, by the Violence of the Stimulation, she shed several of the Ova of her Womb: And in this Condition she lived, sometimes better, sometimes worse, 'till 23, when, all of a sudden, she died raving in a most violent Fit. Upon opening her, it was found that the Extremity of the *Clitoris* was swelled above its natural Size, and invested with a sharp corroding Humour,

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mour, which she had drawn thither by the means she made use of ; and this was thought to be the Occasion of that insuperable Titillation and Desire, with which she was so surprisingly affected.

Another, who had fallen young into this Practice, and continued it 'till she was 30 Years old, was then troubled with Lowness of Spirits, which had long attended her, with Pains in the Head, Pains before her Menstrual Courses, Pains in her Nose, an Itching all over her Body, but chiefly in the extreme Parts, Weakness, Shortness of Breath, Loss of Appetite, a Cough and other terrible Symptoms.

A fourth, who acknowledg'd that she began to pollute herself at 11 Years old, and continued it 'till 17, when she was married, had been all that Time pale and weakly, and never had the Course of Nature more than twice. But what was worse, she continued the Practice after Marriage, and owned she had more Pleasure in it than in Copulation, altho' her Husband was a brisk young Man. She was not with Child in four Years, and never had her Courses in Order. Her Womb was so slippery, that it was next to impossible for her to conceive in that Condition. She was relieved, at last, by the Remedies we shall mention in this Chapter.

A fifth, after some Continuance in this heinous Sin, complained, that she had very weak Nerves, a good deal of the Rheumatism, a

Numbness of her Hands, when she used any Strength, and a Catching of her Fingers ; her Stomach outwardly swell'd, and full of Pain ; a racking Pain in her Back, between her Loins, and under her Shoulders ; her Insteps swell'd and full of Pain, and nocturnal Pains in her Heels ; prodigious Flushings in the Face ; great inward Drought ; Giddiness and Vomiting, with frequent sick Fits.

A sixth (and with her I conclude this List of Cases) was taught the Sin at 11 Years old by her Mother's Chambermaid, with whom she continued to practice it seven Years, they trying all Means to pleasure each other, and heighten the Titillation. She then complained of a Swelling that thrust forth from her Body, as big, and as long, and almost as hard, as her Thumb, which inclined her to excessive lustful Desires, and emitted a Moisture or Slipperiness. This was an extraordinary Relaxation and Protrusion of the *Clitoris*, a Case not uncommon to those, who use it to frequent Irritations, and which sometimes has occasioned the mistaking of one Sex for the other, or that Women have been taken for Hermaphrodites, who were equally qualified for both Actions of Generation. The *Furor Uterinus* has been also occasioned by this Cause ; for, when the *Clitoris* hangs out beyond the *Labiæ*, the rubbing of it either by the Thighs or the Clothes, will excite such extravagant Desires, as drive the Person out of all Bounds of Shame and Modesty, and stimulate

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stimulate her venereal Appetite to a Degree of Madness. I do not say, that this Distension of the *Clitoris* is always occasioned by the unnatural Practice we have been treating of, since there have been Instances of it even in Children, who could not be suspected of any lustful Desires, as I shall shew when we come to survey the Parts of Generation: But, that it is usually from this Cause and no other, we have ample Testimony.

We see then what, and how many, are the Diseases and Inconveniences, which the Fair Sex are capable of bringing upon themselves by an unnatural Abuse of their own Bodies: And what Effect this must have upon the Spirits of the Woman, who finds herself in any of these deplorable Circumstances, when she reflects that her Misfortune is owing to her own actual Fault, it will not be difficult to conceive. Without taking upon me therefore the Character of a Divine, and expatiating on the Heinousness of this Sin in the Sight of God, let me only enumerate some of those Thoughts that must naturally arise on this Occasion, from another Principle.

First, With regard to Maids, who have hereby deprived themselves of that sacred Badge, the Loss of which, before Marriage, was so severely punished among the *Jews*: Under what Apprehensions must they continually lie, with what Terrors must they approach the Marriage-Bed, which Heaven has design'd for the Seat of the highest sensible Enjoyment,

Enjoyment, when they reflect that their Virtue, on the first amorous Encounter, is liable to such Suspicions, as may never be worn off, but which may render uncomfortable the whole Life, both of her, and her otherwise affectionate Husband? May not these Reflections make such an Impression on some, as to hinder them from entering on a State to which they are warmly solicited, and which Nature prompts them to desire, for fear of a Detection, which would turn so greatly to their Discredit? I much doubt, if there have not been many Old Maids, on no other Account than this!

Secondly, Those who have escaped this Disgrace (which is not a necessary Consequence of the Practice itself, but of the too unguarded Pursuit of it) and are actually entered with Reputation on the Conjugal State, how must it grieve them when they find the Ends of it unanswered, and have room to charge their Ineptitude to Procreation on their own Fault? Both Husband and Wife perhaps may be passionately desirous of Issue, and the good Man may think it a Defect in himself, that their nuptial Embraces are perpetually fruitless: But where a Woman can charge herself with such a Course of Self-Abuse, as hath sensibly weakened and damaged her Organs of Generation, hath she not all the Room in the World to be for ever uneasy, in the Remembrance of her Folly and Wickedness, and to believe, with Justice, that another
Woman

Woman in her Case would not be infertile? How much more tormenting must it be, if, besides her having rendered ineffectual the Use of the Marriage-Bed, she feels in herself no Inclinations to the Enjoyment of it (which we find to have been the Case of some) and is thereby not only insensible, as to her own Particular, but makes imperfect to her Husband, that exquisite Pleasure, which ought to result from their mutual Embraces?

Thirdly, Supposing neither of the aforesaid Calamities to befall her; but that she both preserves the Token of her Purity, and is capable of bringing forth Heirs to her Husband; yet, if she is conscious of having weaken'd her Body, and brought on herself a miserable Train of Pains and Infirmities, what Anxiety, what Remorse, must not a Woman endure on that Account? I need not repeat the dire Catalogue, which was set forth at the Beginning of this Chapter, and more fully explain'd in the subsequent Cases: Every guilty Female, who has read thus far, and finds in herself any of the dismal Symptoms there enumerated, will not readily forget what so sensibly affected her: Nor will she easily forgive herself those unnatural Sallies, whose fatal Consequences rest heavily upon her, and abridge her of half those Enjoyments, which her Sex, her Constitution, and the various Benefits of Nature, had made her capable of partaking.

What

What I have already said, if duly attended to, will be sufficient to render this Practice detestable; to deter the Young, and hitherto Innocent, from making themselves miserable; and to stop the Course of those, who have already advanced far in the Road to Destruction. A sudden and resolute Stand, to all old Offenders, is what I would in the first Place seriously advise, as the most essential Step towards restoring to themselves a sound Constitution, and that Peace of Mind, which they cannot at present enjoy. There are few Cases so bad, but what, if taken in any reasonable Time, a due Regimen, and the proper Use of Medicines, may be effectual in the Relief of. Let the Guilty resolve then, that they will be so no more: Let them, as much as possible, abstain from every Thought, but especially from every Action, that may raise irregular Desires: Let them, when any way tempted, reflect on the miserable Condition of the poor Girl in the second Case, who died a terrible Example to all those who persist against Conviction: For tho', as we observed before, there are few Cases so bad but they may be relieved; yet from this Instance we learn, that a Woman may put herself out of all Possibility of Cure. When they are come to a fix'd Resolution, let them proceed according to the Nature of their Disorders; it being impossible, where the Effects are so many and various, to give any one Prescription that will answer the various Intentions

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Intentions of Cure: But, as in the Progress of this Work, I shall speak of all Sorts of Female Diseases, including those which are the Effects of the Vice here treated of, and introduce proper Remedies under each Head, in Words at length, no Woman can fail of suiting her Case, if she consults the Table of Contents at the Beginning of the Book, or the Index at the End.

However, as the most usual Complaints of those, who have been guilty of this Practice, regard the Weakness of the Parts, it may be proper to set down a few Prescriptions here, that are peculiarly adapted to restore their decay'd Tone and Vigour, and may be used at the same Time with other internal Medicines, whose Operation is more powerful, and which must be suited to the concurrent Disease, whatever it be. These Prescriptions are for a Strengthening Decoction, a Uterine Injection, a Cordial Draught, and a Refreshing Balm.

The *Strengthening Decoction* is thus made.

Take of Bistort Roots, bruised, an Ounce; Roots of Cypress and Galangal, both bruised, of each two Ounces; Roots of Osmund-Royal, cut small, two Ounces; Isinglass, cut small, three Ounces; Archangel Flowers, dried, six Handfuls; Red Rose Leaves, four Handfuls: Boil them all in two Gallons of Water till it comes to six Quarts, and then strain it off. Of this the Patient may drink a Quart in a Day, half a Pint in the Morning, a Pint at Dinner-

Dinner-Time, and half a Pint at Night; observing only, that if she is under a Course of other Remedies, as for the Whites, Barrenness, &c. the Morning half Pint should be drank an Hour or two after the usual Medicines, and the Evening half Pint an Hour or two before, that it may not affect their Operation.

The *Uterine Injection* is thus made.

Take White Vitriol, Sugar of Lead, and Roch Allum, of each a Dram; powder the Vitriol and Allum, and put them, with the Sugar of Lead, into a Pint and a half of Smith's Forge Water: Then pour them into a digesting Glass, and set it in a moderate Sand-heat, close covered, for ten Days; then take it out, let it cool, and add three Spoonfuls of Spirits of Wine camphorated: Shake them well together, filter the Composition, and let it well settle: Then pour off the Top so long as it runs perfectly clear, and keep it for Use. This may be used three or four times a Day, with a proper Syringe; and the warmer it is injected, the better, provided it can be borne without Pain. If the Sharpness of the Ingredients should cause any considerable Smarting, the Composition may be weaken'd with an Addition of the Forge Water.

The *Cordial Draught* is thus made.

Take of the best Palm Sack, six Ounces; Jelly of Hartshorn, three Ounces; Essence of Amber-

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Ambergrise, ten Drops ; Essence of Cantarides, twelve Drops ; Essence of Satyrion, twenty Drops ; Chocolate, the pure Nut, half an Ounce ; Black Pepper, finely powder'd, one Scruple ; Confection of Alkermes, a Dram ; Volatile Salt of Vipers, ten Grains ; White Sugar-Candy, three Drams : Dissolve the Chocolate and Sugar-Candy in the Sack, over the Fire, but without boiling : When it is cold, add the other Things, with the Yolks of two Eggs, and mix them well together. This Prescription is design'd for those, who have debilitated themselves greatly, it being more powerful and efficacious than the Strengthening Decoction, though that may be sufficient where the Weakness is not excessive. The whole Quantity of the Cordial Draught may be taken at once, in a Morning, and again at Night, observing a proper Distance of Time if you are taking other Medicines. It surprizingly comforts and invigorates the Parts, and, if continued a sufficient Time, will seldom fail of answering the End desir'd ; especially if the Enlivening Balsam be also constantly applied in Conjunction with it.

The Enlivening Balsam is thus made.

*Take Oil of Mace, by Expression, two Drams ; Oil of Nutmegs and Oil of Cloves, of each six Drops ; Peruvian Balsam, one Dram ; Musk, eight Grains ; Civet, ten Grains ; Essences of Cantarides and Ambergrise, of each six Drops :
Mix*

Mix them well together upon a Tile, without Fire. The Use of this is to anoint the Parts, both internally and externally, every Night going to Bed, and every Morning rising, or oftner, if Opportunity serves, and the Case requires it.

The *Bath, Bristol*, and other mineral Waters, have been found not unserviceable in Cases of this Nature. It will likewise be proper to eat the most generous and nutritive Foods, such as candied Eringo, Eggs, Jelly-Broths, Soops, Artichokes, Lobsters, Cray-Fish, Oysters, Caveer, Chocolate, Sago, and the like. Also to drink the richest Wines, mingled with the Spaw-water, may be advantageous: Or there may be a Decoction made in common Water, with Pine-Apples and Osmund-Royal Root, which have a peculiar agglutinating Quality, and may answer the same Ends. Nor can good, sound, home-brew'd Ale, if taken moderately, and not too often, be amiss.

N. B. It is proper to observe, once for all, that if any Difficulty should be apprehended in making up the foregoing, or any other Remedies that may be prescrib'd in this Book, the Patient need only apply to a skilful and reputable Apothecary, one who deals largely and is above imposing on his Customers, and the Trouble will be taken off her Hands, at a very trifling Expence more than the original Price of the Ingredients.

C H A P. II.

Of the Terms, or Menstrual Courses; their various Irregularities, particularly Suppression and Obstruction.

THE Contents of the former Chapter are such, that I could wish no Woman had occasion to read it: But what follows, to the End of the Book, is of more general Concern, and what it is proper every one of the fair Sex should be acquainted with. The Indispositions that Nature has made necessary to their Constitution, in such and such Circumstances, may be treated of with more Freedom; and no Lady need be ashamed to consult her own Health, when the Decay or Interruption of it is not chargeable on herself.

The *Terms*, or *Monthly Courses*, are the Origin of many Disorders, and therefore deserve our particular Consideration. They are occasioned by a Superfluity of Blood, which, at certain Periods, is so rarified, as not to be contained within its natural Limits: It then distends every where its Vessels, till at length it opens a Passage through those which give it the least Resistance. The Blood-Vessels of the Womb, by their natural Structure and Position, are best adapted for this Discharge; and

and thro' them the Blood issues out, and continues to flow for some Days, till the Quantity of it being sufficiently diminish'd, and the Remainder of Consequence thickening again, the Flux ceases, and the Mouths of the Vessels close up, till the next periodical Pressure.

There is no certain Time when the Courses begin, but the most common is at about 15 or 16 Years of Age. Some however have had them at 14 or under, and others not till upwards of 20. Examples on both Sides are pretty frequent; and it has also been observed, that they cease soonest with those Women with whom they soonest began. Generally to between 40 and 50 Years of Age, seldom more than to the latter, do they continue to flow; then diminishing gradually, they at last totally stop, and with them the whole Power of Conception is at an End; for it is during their Continuance only, that Women are fertile.

This Increase and Rarefaction of the Blood, and the Distension of its Vessels occasion'd thereby, cause that universal Heaviness or Uneasiness of Body, those Pains of the Head, Back, and Loins, the Heat about the Womb and the adjoining Parts, that Sickness and Faintness at Stomach, which all Women feel, more or less, when their Courses are about to flow: To remedy which, among other Things, will be the Business of the fourth Chapter.

which last Symptom is more commonly in young Virgins, than in Persons of riper Years. And if, at these Times, any Blood does flow, it generally appears of a pale and livid Colour.

If the Fault be in the Vessels of the Womb, the Person's Complexion is not changed; but at the Time her Courses ought to flow, she feels racking Pains about the Small of her Back, her Loins, and Hips; likewise Weariness of the Limbs, Flushing in the Face, Vapours, Head-ach, moving Pains all over the Body, accompanied with a violent Motion of the Blood, which sometimes issues out of the Nose, or the Hemorrhoid Veins.

When the Courses in Maids do not flow at all, and the Obstruction is of long standing, it is then called the *Green Sicknefs*: But Widows, and sometimes married Women, as before observed, are afflicted with the same Distemper, tho' in them it has not that Name. Married Women ought however, to be careful, that they do not mistake the Stoppage of their Courses caused by Conception, for this Disease, lest by taking Medicines to cure their fancied Illness, they procure a Miscarriage: But if they have not their Terms for three or four Months together, become pale, and breathe with Difficulty, without perceiving all this while any Sign of Pregnancy, they may then be assur'd that the Suppression is a Distemper, and not occasioned by their being with Child.

Such

Such a Suppression, if it be not speedily remedied, may cause Barrenness, an Asthma, a Consumption, Inflammation and Ulceration of the Lungs, Pleurisy, Jaundice, Dropsy, and other fatal Illnesses of various Kinds. But a total Suppression much seldomer happens to married Women and Widows, than to Maids; they are usually afflicted with a Deficiency only; yet even this is often attended with very grievous Disorders, with squalid Countenance, hysteric Fits, racking Pains, and universal Uneasiness, which are to be cured only by bringing the Courses to their natural Order.

To remove any or all of the Symptoms here enumerated, and prevent the dismal Effects of this Indisposition, whether in Maids, married Women, or Widows, such Remedies must be administer'd as will cleanse the Stomach and first Passages, dissolve viscous Humours, rectify the Blood and Juices, and open Obstructions in any Part of the Body: And the most proper for these Intentions, are, *first*, gently evacuating Medicines; and then, *secondly*, such as are corroborating, and will confirm the Texture of the Fluids, strengthen the Intestines, create an Appetite, promote Digestion, restore a good Colour to the Face, and Health to the whole Body.

There are a great Number of Prescriptions by various Authors, for bringing about these good Ends, but none have been found either more effectual, or more agreeable to Patients in general, than the *Cathartic Pills*, the *Ape-*
ritive

ritive Powder, and the *Corroborating Electuary* herein after mentioned. The Cathartic Pills are to begin the Cure: They should be taken four at a time early in the Morning fasting, and may be work'd off with Water-Gruel, Posset-Drink, Barley-Water, warm Ale, or Tea. With four, five, or six easy Stools, they cleanse the Stomach and Bowels, and do Abundance of Good. A single Dose will frequently bring down the Courses, without any thing else, especially if the Illness be not of long standing, and occasion'd only by a slight Obstruction of the Womb-Vessels.

The *Cathartic Pills* are thus made.

Take of the best Russia Castor, four Grains; Opening Saffron of Steel, two Scruples; Pill Cockie the greater, two Drams; Chemical Oil of Savin, three Drops; Salt of Steel, half a Dram; Balsam of Peru, nine Drops; Syrup of Mugwort, a sufficient Quantity; mix, and make eighteen Pills.

After purging once with these, it will be proper to make use of the following *Aperitive Powder*; because the Operation of the Pills is too violent for them to be continued without Intermiſſion: The next Morning, therefore, after taking them, begin with about a Dram and an half, or two Drams of the Powder, according to the Case, and the Constitution of the Patient: And, if the Dis-

C

order

order be not very stubborn, a Continuance of the same Quantity Morning and Evening for two, three, or four Weeks, will complete the Case without more Purging. It may be taken, either by itself (being not unpleasant) or in a Draught of White Wine, with or without Bitter; observing to walk after it for a Quarter of an Hour at least, and not to eat any Thing for about an Hour, either before or after. It is a great Remover of Obstructions, a Strengtheners of the Stomach, and a Purifier of the Blood and Juices: It restores a good Colour to the Face, promotes Appetite and Digestion, gives new Vigour to the languid Faculties, and causes a free Respiration.

The Aperitive Powder is thus made,

Take Steel prepared, six Drams; Aloes-wood and Nutmeg, of each half an Ounce; Cloves and Mace, of each two Drams; double refined Sugar, two Ounces: Powder and mix them well. A little Saffron may be added, when it is to be given to Girls, at the first coming down of the Menses. This is an excellent Preparation, and may be used for a decay'd Constitution, where the Courses are not the Cause of it.

But if the Deficiency or Suppression of the Menses should prove very obstinate, so as not to be removed after taking this Powder for 20 or 30 Days together, (a Case that will seldom happen) the Patient must then take another Dose of the Cathartic Pills, returning the

next

next Day to the Powder, and continuing the same Course 'till her Distemper is effectually cured. But let her be sure to observe all the Time not to eat any Salt Meat, and to abstain from Fruit, Greens, and Herbs, and the immoderate Use of Tea, or other small Liquors. The Flesh that she eats should be of those Kinds that are easy of Digestion; and if it be roasted rather than boiled, so much the better. If at any Time the Powder should lie heavy at the Stomach, or cause a Sickishness, a Glass of good White Wine is a pretty sure Relief.

When a Woman has great need of Purging, and is able to bear it, she may take more of the Pills, and less of the Powder; but always interposing a Day or two between the Doses: And if four Pills be found too powerful at first, the Dose may be lessen'd to three; or it may be increased to five, where four are not sufficient. But in very weak Constitutions, it would be better entirely to omit them, and trust only to the Aperitive Powder, which seldom is found to fail, especially if due Exercise be mixed with it, such as walking, or more especially riding, and stirring about the House.

As the promoting of the Courses physically generally occasions some Weakness of the Parts, it is necessary, after they are brought to regular Order, for the Patient to take something that may restore the Tone of the Vessels, and re-establish a good Texture of the Blood and Juices. For this there is nothing can ex-

cel the corroborating Electuary here subjoin'd. It should be taken about the Quantity of a Nutmeg at a time, from the Point of a Knife, or any other convenient Way, every Morning fasting, and about four or five Hours before going to Bed at Night, drinking a Glasse of bitter Wine after each Dose. About a Fortnight, or three Weeks, is usually long enough to continue it.

The Corroborating Electuary is thus made.

Take of Compound Powder of Arum Root, half a Dram; candy'd Nutmegs and candy'd Ginger, of each two Scruples; candy'd Orange Peel and candy'd Angelica, of each a Dram; prepar'd Steel, three Drams; Conserve of Garden Scurvy-Grass, and Conserve of Roman Wormwood, of each three Drams; Compound Powder of Rosemary Flowers, half an Ounce; Syrup of candy'd Ginger, enough to make an Electuary.

By the Use of this excellent Medicine, after the foregoing Aperients, there is no Question, with the Blessing of God, but a perfect Cure may be effected; it having a wonderful Efficacy in increasing the Blood and Spirits, driving away Melancholy, and invigorating the whole Body, and all without any more Fatigue to the Patient, than if she had taken no Remedies at all. All hysteric Affections also, and the Green-Sickness-like Indisposition in Girls, before they come to Years of Maturity,

turity, may be greatly help'd in the same manner. But as I propose to treat of these in a separate Chapter, I refer the Reader thither.

Before I quit this Head, however, of the Suppression or Deficiency of the Terms, I think it proper to set down three more Medicines, for the Use of those Women who may not care for the above-mention'd Forms, either of Pills or Powder. They are all excellent in their Kind, and may be had ready prepared at most Apothecaries: But those Ladies, who are willing to take the Trouble on themselves, may be more certain of having the proper Quantity of every Ingredient. The first of them is a very powerful Elixir, call'd *Elixir Uterinum*; the other two are Electuaries, and suited to different Constitutions: They are named, *The Emmenagogue Electuary with Steel*, and *The Emmenagogue Electuary with Hellebore*.

The *Elixir Uterinum*, or *Womb Elixir*, is thus made.

Take of Castor, two Ounces; Myrrh, one Ounce; digest them in 13 Ounces of Spirit of Wine, for 20 Days in a close Vessel: Then strain it, and put into it Extract of Savin, made by Evaporation of its Juice, half an Ounce; Saffron, two Drams: Set these also, well stop'd, in a gentle Heat for several Days; and if there be any settling, pour off the Fine into a fresh Phial, and keep it for use. The Dose is from five to twenty Drops, according to the Case.

They may be given in Penny-royal Water, or any other Vehicle of like Nature.

The *Emmenagogue Electuary with Steel* is thus made.

Take Conserve of Roman Wormwood and Damask Roses, of each one Ounce and an half; Salt of Steel, two Drams; Saffron, half a Dram; Powder of Cardamoms, one Scruple; Syrup of Steel, or of Rhubarb, a sufficient Quantity to make an *Electuary*. Of this about the Quantity of a large Nutmeg may be taken twice in a Day, Morning and Evening, observing to use Exercise. It is most proper for those who are of a pale and thin Habit of Body: But for Women of a sanguine and robust Constitution, the following is better.

The *Emmenagogue Electuary with Hellebore*.

Take Conserve of Roman Wormwood, two Ounces; Black Hellebore in Powder, three Drams; Salt of Tartar, two Drams; *Assa Fœtida* dissolved in a sufficient Quantity of Tincture of Castor, one Scruple; Syrup of Rhubarb, a sufficient Quantity to make an *Electuary*. The Quantity of the Dose is the same as the former, and it must, in like manner, be taken Morning and Evening. Its Effects are admirable in warm Constitutions (as the other is in Cold;) for it breaks thro' all Obstructions of the Womb, without giving that Heat to the Blood, which many other Remedies occasion,

caſion, and which ſometimes terminates in a *Furor Uterinus*.

Each of theſe three Medicines has been frequently known to answer all the Intentions of the Cathartic Pills and the Aperitive Powder: And where they do ſo, they are rather to be choſen by many Women. If the Perſon who takes them, ſhould find herſelf in any manner debilitated, ſhe may have Recourſe to the corroborating Electuary before-mention'd, in the ſame manner as there preſcribed.

I muſt repeat it again, that Women ſhould be very certain, when they take any of theſe *Emmenagogues*, or Medicines to promote the Courſes, that the Obſtruction is not occaſion'd, by their being with Child; for in that Caſe, all ſtrong Aperients are very dangerous, and may cauſe Miſcarriage.

N. B. It will be proper for thoſe who do not make up their own Remedies, to write out the Preſcription that ſuits them, or to carry this Book itſelf to the Apothecaries for their Direction, to prevent any Miſtake in the Composition.

C H A P. III.

Of the immoderate Flux, or Over-flowing, of the Monthly Courſes.

THE Courſes are properly deemed *immoderate*, when they return oftener than once a Month. or when they flow in too large

a Quantity, or too long together: For in some Women they continue not longer, nor more violently than is natural, but then return once in three Weeks, a Fortnight, or oftener; in others they return at proper Periods, and continue a due Time, but then the Flux is excessive; in others again they return regularly, and flow moderately, but continue the Flux for many Days together: In either of these Cases the Woman is much disordered. And some Women also, immediately after their Courses are over, are afflicted with the Whites, or the Piles, or sometimes both: But of these I shall treat hereafter.

Any of the Fair Sex, between the Age of 16, and upwards of 50, that is, during the Time that the Monthly Purgations are usually on them, may be troubled with an immoderate Flux; but, according to Observation, it happens most frequently to Women between 40 and 50, at the Time when their Courses are about to leave them: At this Time it is often experienced, that they do not flow above once in three or four Months; but when they do, it is in such an immoderate manner as to be very troublesome, or of such long Continuance, as to afflict the Patient for 10, 12, 15, or sometimes 20 Days together.

The usual Cause of this Disease is a Redundancy of the Blood, or its too great Rarefaction, occasioned by inflammatory Particles, or sharp scorbutic Salts in the Juices,
or

or by Disorder of the Womb-Vessels. Its attendant Symptoms are commonly a burning feverish Heat, racking Pains in the Small of the Back, Pain and Heat about the Neck of the Womb, Head-Ach, Loss of Appetite, and a languid Weakness over the whole Body: And if it be not speedily cured, it emaciates the Person very much, causes total Barrenness, perpetual Weakness, a ghastly Countenance, Swelling in the Feet, and sometimes a Consumption, which, without great Care, terminate in Death.

To distinguish the several Causes of this Disease by their Symptoms, let it be observ'd, that if the discharged Blood is of a bright red Colour, and when dry upon Linnen discovers a pale Circle, it shews the Blood to be thin and waterish, the Vessels of the Womb too lax, and that the Patient is weak and low-spirited, but not feverish: If it be of a deep red, and easily clots, it denotes a Redundancy of Blood, and that the Person is very hot, feverish, and uneasy: And if in coming away it causes great Itching and Sensation of the Parts, it manifests that the Juices of the Body are very acid, or sharp.

Revulsion by Bleeding is the first Step towards curing this Indisposition, and may be made to the Quantity of 8, 9, or 10 Ounces, according to the Strength of the Patient. After that, such Medicines must be prescribed, as by their cooling, absorbent, and astringent Qualities, will retard the violent Motion, and

lessen the Rarefaction of the Fluids; allay Thirst, remove the Fever, rectify the Blood and Juices that were before too sharp, and strengthen the Womb-Vessels: By which means the Flux will soon be stopp'd, and the Person restored to her usual Health and Vigour. The *solute* Electuary here inserted, will be as proper as any Thing to begin the Course with, and may be taken early the next Morning after Bleeding, in the Quantity of a large Walnut.

The *Solute Electuary* is thus made.

Take Lenitive Electuary, an Ounce; Pulp of Cassia, half an Ounce; Rhubarb in fine Powder, a Dram; Ginger, a Scruple; mix with Syrup of Violets, and make an Electuary according to Art, which keep for Use.

This, I say, will be as good as any thing, and may be easily made up; but the only Intention here to be answer'd is gentle Purging, in order to prepare the Body for the subsequent Remedies, and therefore any other gentle Cathartic may suffice, that will give five or six easy Stools. The Electuary may be taken either by itself, or dissolved in Water-gruel, sleeping an Hour or two after. If in two Hours it does not sensibly operate, the Dose may be repeated in the same Quantity of a Walnut. Water-gruel, Barley-water, or Tea, should be drank during the Operation.

And

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And the next Day after purging, she may proceed with the Remedies peculiarly suited to her Disease. Either of the following incrassating Powders will be of excellent Service, and may be prepared without any Difficulty, the Ingredients being to be had at any Apothecaries.

The Incrassating Powders are thus made.

Take Seeds of Henbane and white Poppies, of each six Grains; sealed Earth and Bole, of each ten Grains; Sugar of Roses, eight Grains; make a Powder. Or,

Take Solomon's Seal and Comfrey-Roots, of each ten Grains; fine Armenian Bole, and Japan Earth, of each five Grains; make a Powder. Or,

Take Marsh-mallows Root, Gum Arabic, and Dragon's Blood, of each five Grains; fine Armenian Bole, ten Grains; make a Powder.

I have set down in each of these Prescriptions only the Quantity of a single Dose, which may be taken in a little warm Water-gruel, Barley-water, or any other agreeable Liquor, betimes in the Morning, and again towards Evening. These Powders conduce greatly to thicken and soften the Blood, and cement the lacerated Vessels, and therefore are good in all Cases occasioned by the too great Rarefaction, or Sharpness of the Fluids. The Reason why I have mentioned more than one Sort of them, and shall do the same with respect

respect to other Preparations, (when two or three may be nearly the same in Virtue,) is, that every Woman may vary them at Pleasure, in different Courses, if she should take a particular Dislike to any one of the Ingredients; which may not be impossible, whatever the Form be, in which they are given.

And it would greatly forward the Cure, if, besides the incrassating Powders, the Patient was to take the Quantity of a large Nutmeg of one of the following *restringent Electuaries*, about 11 o' Clock in the Forenoon: Or, if she chuses rather to do so, let her take the Electuary, Night and Morning, as prescribed for the Powder, and the Powder only once, about two Hours before Dinner, and it will answer much the same End. For, whatever some may imagine, who, for the sake of vending their own Preparations, would confine their Patients to particular Forms of Medicine, I cannot help thinking, for my own Part, that it tends greatly to forward the Operation, for a Patient to be as much satisfied as possible with the Remedies she takes.

The Restraining Electuaries are thus made.

Take Conserve of red Roses, two Ounces; Troches of Lemnian Earth, half a Dram; Pomegranate Peel, red Coral prepared, and Armenian Bole, of each two Scruples; Blood-stone and Dragon's Blood, of each one Scruple; with

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a sufficient Quantity of Syrup of Quinces to make an Electuary. Or,

Take Conserve of red Roses, Marmalade of Quinces, Juice of Kermes, candied Nutmegs, Syrup of Quinces, and Syrup of Coral, of each half an Ounce; Species for the Confection of Hyacinth, three Drams; Aromaticum Rosatum, and astringent Saffron of May, of each two Drams; Oil of Cinnamon, six Drops; mix all together into a smooth Electuary.

The latter of these two is deemed the most powerful Restrictant, and therefore may be best where the overflowing is very violent. It is frequently given in Child-bearing also, to strengthen the Womb, and prevent Abortion. The following pleasant Julep, or *Pearl Cordial*, may be given after each Dose of either Electuary, to the Quantity of six Spoonfuls at a time; but it is not absolutely necessary, unless the Electuary should be apt to sit uneasy on the Stomach.

Take red Rose Water, and Barley Cinnamon Water, of each four Ounces; Spirit of Cinnamon, two Ounces; Pearl prepared, a Dram; fine Loaf Sugar, six Drams: Mix them well together.

And besides all these internal Remedies, some Women make use of a Plaister with no small Success, which they apply to the Region of the Loins the Day after Purging. There
are

are several sorts of these Plaisters, all very good, but I have found none more serviceable than the following.

Take Diachylon, half an Ounce ; Oxycroceum, two Drams ; Oil of Amber, ten Drops : Spread them together. Or,

Take Plaister of Red-Lead, and Plaister against Ruptures, and spread them in equal Quantities.

The above Medicines being taken according to Direction, that is, either one of the incrassating Powders, or one of the restraining Electuaries, or a Dose of each alternately, as before-mentioned, and with or without the Pearl Cordial, as the Case may require, and applying the Plaister where the Weakness of the Parts is very great, will effectually strike at the Cause of this Illness, take off the Fever, stop the immoderate Flux, strengthen the Back and Womb-Vessels, and, in about a Fortnight's Time, even where the Case was very bad, bring the Patient into such excellent good Order, as that she will be in no Danger of a Relapse for a considerable Time after.

And if, while she is taking the Powder, or the Restraining Electuary, she should find herself inclined to be costive, I would advise her, once in three or four Days, to repeat the Dose of solutive Electuary, according to the Directions before given, which will give a
few

few gentle Stools, without causing any other Inconvenience. And let her always observe, while she is in this Course, to drink freely of Tea, Barley-water, or Water-gruel, which will cool and dilute the Blood, quench the Thirst, and be of excellent Use. She must likewise abstain from strong and inflammatory Liquors, from hot-spiced Foods and Salt Meats. But if she be very faint and weak, and desirous of any other Cordial than the before-mentioned, she may take *an equal Quantity of strong Claret and Spring-water, and boil them together 'till one third of the whole be evaporated, and then pour them boiling hot upon a Sprig of dried Baum, Mint, or a Bit of Cinnamon, straining them off when cold, and sweetening with the best Loaf Sugar.* This is an excellent Cordial, and also gently restraining, and may therefore be taken, a little at a time, after the restraining Electuary, for the same Purpose as the Julep above, as well as to raise the Spirits, when very much depress'd.

It hath sometimes happen'd, though very seldom, that the Patient has been so very low, as not to be able to bear bleeding and purging at the beginning of the Course: In that Case, she may have Recourse immediately to the in-craffating Powders and restraining Electuary, omitting either Bleeding or Purging, or both, as she sees convenient.

When the Flux of the Courses is very excessive, or continues very long, it is apt to be attended with a most violent excruciating

inward Pain, either towards the Loins, or on one Side of the Belly, or near the Head of one of the Thigh-Bones, and sometimes a little higher, equally severe with the Pangs of Child-Birth. This is occasioned by the convulsive Throws of the Womb, violently pulling and stretching its Ligaments from the Parts in which they are inserted. Under this Affliction, it will be proper to *take an Ounce of Syrup of white Poppies, mix'd with two Ounces of Alexiterial Milk-Water*, for a Draught at going to bed; and it will greatly relieve, so as to give perfect Ease, Composure, and refreshing Sleep, in the room of unsufferable Torture. The Dose may be repeated every other Night, or even every Night, if the Pain return very excessively, but not otherwise.

N. B. It was proper, in the first Chapter of this Book, to introduce such a Number of Cases as might explain and render odious the Vice there inveigh'd against: But the same Reason does not subsist in the other Part of this Treatise, which relate to Diseases purely natural.

I might indeed, after the manner of those, who write only to recommend their own Remedies, insert a great Number of Cases, wherein by following the Directions given in this and the preceding Chapters, the most dangerous and deplorable *Deficiencies, Suppressions*, and *immoderate Flowers* of the Menfes have been cured: But as this would contribute nothing towards the Cure of others, and as my Intention

tion is only to help the Sex, without any Reserve or Secret in the Composition of the Remedies I prescribe, which would render it impossible for any one to prepare them but myself, I chuse rather to fill up these Sheets with what may be really useful, and cannot fail of being understood, that to affect Obscurity in my Descriptions, and interlard them with Encomiums on my own Art and Success.

C H A P. IV.

Of Pains and Indispositions attending the Coming down of the Courses: Also of the bad Qualities of the Blood that flows from some Women; and of the Disorders Women are subject to, when their Monthly Purgations leave them.

MANY Women are troubled with other Disorders, besides those of Obstruction and immoderate Flowing, with regard to their Monthly Courses. Among these, that of their Coming down with Difficulty and Pain, and attended with violent Symptoms, is none of the least dangerous and troublesome.

Some of the Symptoms of this Disease are not unlike those of a Dysury, or Difficulty of Urine: But they are generally more various and numerous. The Patient is afflicted with severe shooting Pains in the Head, Pains in the Hips, the Loins, the Stomach, and the Bowels,

Bowels, which latter resembles the Cholick, and Pains of the Womb, that have sometimes been compared to the Pangs of Child-Birth. Loss of Appetite, Faintness and Sicknes at the Stomach, Palpitations of the Heart, Convulsions, Weariness of the Limbs, and great Heat about the Parts affected, are also Attendants on this Disorder. And as to the Evacuations, they are sometimes very slow, and Drop by Drop, sometimes in sufficient Plenty, sometimes continual, and sometimes by Intervals only.

This Disease is mostly attributed to the same Causes as a Suppression, but gentler; it being a Sort of unequal Obstruction of the Vessels of the Womb, occasioned either by the Smallness of their Terminations, or their convulsive Contraction; or from their being full of a thick, clotted, and feculent Blood, which violently distends and stretches them, and sometimes occasions a small Swelling in the Groin; or from their Openings being obstructed by a viscous Matter, which resists the Evacuation of such an increased Quantity of Blood. It may be occasioned also by some Ulcer or Tumour in the Womb, or neighbouring Parts, which is hurt by the Passage of the Blood. When this is the Cause, Pus or Matter is mixed with the Blood, and the Courses flow with a fixed and continual Pain.

Great Care should be taken, that this Indisposition be speedily cured, because if it proceeds from any Obstruction of the Vessels, there

there is Danger that a total Suppression will follow, and bring on Fevers, or other acute Diseases. To prevent which, the Medicines to be made use of are chiefly such as expel Wind, correct the Viscosity of Juices, and open Obstructions: But in the Use of these, or any other, we are first to consider the Cause of the Distemper, which may be collected from the Symptoms, as above described. When it proceeds from gross and thick Blood, which occasions Faintings and Palpitations, a thin Diet and moderate Exercise may be of Service, and such Medicines should be used as cause Revulsion and Evacuation. Bleeding in this Case, either in the Arm or Foot, a little before the Courses are expected, will be highly necessary. After which, a Dose of the Cathartic Pills, prescribed in *Page 25.* if there be Time for it before the Pains come on, should be taken. Cupping-glasses also may be applied during the Fit, with Scarification, to the Thighs and Legs when the Case is very bad. And from the Time that the Courses begin, all the while they are on her, let the Patient take two or three Spoonfuls every three or four Hours, of one of the following Hysteric Juleps.

Take Rue, Penny-royal, and compound Briony Waters, of each three Ounces; compound Syrup of Piony, an Ounce; Castor ty'd up in a Bit of Silk, one Scruple; Assa Fœtida, five Grains: Mix them well.

Or

Or this,

Take Rue and Black-Cherry Water, of each three Ounces; compound Briony-Water, two Ounces; Spirit of Castor, two Drams; Spirit of Sal Armoniac, one Dram; Assa Fætida, ten Grains; Sugar, a sufficient Quantity.

Or this,

Take Camphire, two Drams; set it on Fire, and quench it in a Pint of Spring-Water; and so continue to fire and quench it, till the Camphire is all consumed: Then sweeten the Water for a Julep.

Or,

Dissolve two Drams of Camphire, after the same manner, in Black-cherry, Penny-royal, and Briony Water, three Ounces of each; and sweeten as before.

The most efficacious of these Juleps, and which therefore should be used in the worst Cases, are those with Camphire, which will seldom fail to remove all manner of Pain and Uneasiness in a very short Time, promote Sleep, support the Spirits, and cause the Orifices of the Blood-Vessels to dilate, and discharge their Burthen. But if it should so happen, that the Patient becomes very low, before their Efficacy is fully perceived, let her take 30 Drops of the following Anodyne Balsam, which is justly celebrated for procuring

Ease

Ease in the most racking Extremities of Pain, and likewise for assisting in all necessary Discharges that occasion such Pain. She may take it in a Glass of Penny-royal or Briony-Water, composing herself to rest immediately after.

The *Anodyne Balsam* is thus made.

Take Castile Soap, one Ounce; Opium, half an Ounce; Camphire, six Drams; Saffron, one Dram; Spirit of Wine rectified, eighteen Ounces; digest in a Sand-Heat, ten Days, shaking it between whiles for the last Day or two; then pour off the clear, and keep it for Use.

The Intention of these Juleps and this Balsam, is chiefly to give the Patient Ease during the present Discharge of the Terms. But effectually to cure this Indisposition, after it has once been perceived, and is gone off, will be to go thro' a Course of Remedies, according to the Prescriptions in Chap. II. for Deficiencies and Suppressions: Which Course she may continue, as there directed, for a whole Month, or 'till the next Return of her Purgations, which, by that means, she will find regular, and without any Symptoms but what are natural.

External Remedies have also been thought good under Difficulties of this kind; as bathing the Legs, and fomenting the Belly with a Decoction of Marsh-Mallows, and Seeds of Flax, Fenugreek, Dill, Rue, and Mugwort; applying a Flannel dipt in Wine
and

and Oil of Roses, to the Belly; anointing the Navel, and the Regions below it, with Ointment, such as the following,

Take of the Juice of Angelica, one Dram; Oil of Capers, and of White Lillies, of each one Ounce and a half; White Wine, half an Ounce: with Wax enough to make a proper Consistence.

But if the Pain and Difficulty, at coming down of the Courses, be continued and fixed, proceeding from an internal Wound or Ulcer, and not from any peculiar Habit of the Blood or Vessels, the Cure must then be performed by injecting an Uterine Glyster, made of four Ounces of warm Water, a Dram of the white Troches of Rhasis, and a sufficient Quantity of Sugar: Or, it may be made with Allum Water; or, with Barley Water and Syrup of Roses; or, with a Decoction of an Ounce of Plantain Seeds in two Ounces of Milk, to which may be added half an Ounce of Emulsion of the cold Seeds: Finally, in the worst Cases, the Injection may consist of two Ounces of the Decoction of Henbane, or white Poppies, with a small Quantity of Opium.

Another Disorder in the Monthly Courses, is, when the Blood is corrupted, or suppurated, and flows from the Body variously discoloured, as pale, livid, green, black: In some also it has a nauseous and fetid Smell, appears

appears skinny and fibrous, and when closely inspected, Sand and Worms may be discover'd in it. These Calamities are occasioned either by the Badness of the whole Mass of Blood, or by particular Corruption of that which flows, in its Passage thro' the Vessels of the Womb; which, after a long Suppression, or thro' an Abundance of putrid Humours, may be disposed to give it these bad Qualities. The Blood and Juices therefore must be purified, and the whole Body cleansed, by proper cathartic and alterative Medicines, according to the Nature and Degree of the Indisposition. To this purpose, an exact Regimen and Course of Diet should be observed; and then such Remedies are usually administer'd, as in the Whites, the Chapter concerning which may be consulted. But it has been found, that after a Purge or two, without Bleeding, the following admirable Drops, tho' invented for another Purpose, are sufficient to perform a Cure. They may be taken, to the Quantity of twenty or thirty, in a Glass of Water, or any other convenient Vehicle, betimes in the Morning, Fasting, and again at going to Bed. They carry all that can be wish'd for into the Blood, that is of a deterging, cleansing, and healing Quality, and therefore make an effectual Cure, not only in Suppurations and Disorders of that Fluid, but in almost all internal Ulcerations of what Sort soever. For which extraordinary Virtues, and the Simplicity of the Composition, they deserve

serve to be rank'd with the capital Medicines in the whole Body of Physick. I call them the *Efficacious Drops*, or *Powerful Elixir*.

They are thus made.

Take Balsam Capiwi, one Ounce; Gum Guaiacum, two Drams; Oil of Sassafras, half a Dram; rectify'd Spirit of Wine, five Ounces: Digest together, with some small Mixture of Salt of Tartar, for two or three Days, and pour off what is fine, which keep for Use.

The original Intention of this Elixir, as the Skilful will perceive by its Composition, is against Venereal Disorders, for which there is not any Medicine better contrived. But for that very Reason, it is the more proper in the present Distemper, which, tho' from a different Cause, yet as it consists either in the Badness of the Blood in general, or in some internal Suppuration about the Parts affected, one or the other of which must be the Case in all Venereal Disorders, it ought to be dealt with in the same manner as those, notwithstanding what some may have advanced to the contrary. However, for such Women as may scruple to make use of it, or of any other Remedies of the same kind, the following Electuary may be substituted in its room with good Success; observing the same Directions with regard to Purging, as in taking the Elixir.

Take

Take of Venice Treacle, one Ounce and an half; of the Conserve of the Yellow Peel of Oranges, one Ounce; of Diascordium, half an Ounce; candied Ginger and candied Nutmegs, of each three Drams; compound Powder of Crab's-Eyes, one Dram and an half; outward Peel of Pomegranates, Roots of Spanish Angelica, and Troches of Lemnian Castor, of each one Dram; Bole Armenic, two Scruples; Gum Arabic, half a Dram; with a sufficient Quantity of Syrup of dried Roses to make an Electuary: Whereof take the Quantity of a large Nutmeg in the Morning, and at about five in the Afternoon, and again at Night, drinking after each Dose six Spoonfuls of the following Infusion.

Take Elecampane Roots, Masterwort, Angelica, and Gentian, of each half an Ounce; Leaves of Roman Wormwood, white Horehound, the lesser Centory, and Calamintb, of each one Handful; Juniper Berries, one Ounce: Cut the Roots and Leaves small, and bruise the Berries: Then infuse the whole in five Pints of Canary, or Mountain Wine, which strain off as you drink it.

Let a Course of either of these Remedies, that is, either the Drops alone, or the Electuary and Infusion together, which the Patient shall chuse, to be continued for three Weeks or a Month, or from the going off of

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the Courses to their coming again, and, by the Blessing of God, all Complaints of ill Colour or ill Smell in the Blood will be effectually removed, the whole Mass will be corrected and purified in a wonderful Degree so as to leave no Danger of the same Disorder's Return, unless by catching Cold, or any other remote Cause, the Habit of Body should be again altered.

The last Thing that I shall treat of in this Chapter, is the Disorder that some Women are under about the Time that their Courses leave them, which is usually between 40 and 50 Years of Age. It is observable, that when this happens, which is not all of a sudden, but gradually, for they first come irregularly and grow more so 'till they totally cease, then it is common to complain of a severe Pain in the Back and Head, and about the Loins; sometimes of Cholicks, Gripes, and Looseness; at other times the Patient is vapoured to a high Degree, has feverish Heats, wandering Rheumatick Pains, and Uneasiness over the whole Body.

But all this may be prevented or cured by the following Method. Let the Patient bleed to the Quantity of eight Ounces, if her Strength will permit: The next Day let her take a Dose of the Cathartic Pills prescribed in *Chapter II.* and continue the Use of them once in four or five Days, or a Week at most 'till the Cure is effected, taking on all the other, or intervening Days, about two Ounces

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of the following *Chalybeate Wine*, with 15 Drops of *Bitter Stomachic Tincture*.

The *Chalybeate Wine* is thus made.

Take Filings of Steel, one Ounce; Saffron, two Drams; infuse them in one Pint of Spanish White Wine, cold, for three Days, and strain for use.

The *Bitter Stomachic Tincture* is thus made.

Take Gentian Root and Orange-peels, dry'd, and cut very small, of each one Pound; pour upon them, in a Glass Body, Spirit of Vitriol rectify'd, one Gallon and an half: Let them stand close covered, in a very mild Warmth, for some Days; then press out the Spirit strongly, and let it fine down for use.

This is undoubtedly the best Stomachic in the World, and has often been puffed, under other Names, in Quack Advertisements. It is very conveniently added to the *Chalybeate Wine*, and contributes much to its Efficacy. The following Tartarized Elixir is also very good in the present Case, for Women in Years, and may be taken likewise when the Terms are of an ill Colour and Scent, if it should be preferr'd to the Medicines prescrib'd under that Head. The Electuary and Infusion there mention'd, may be used alternately with it, both in that Disorder, and by Women whose Courses are about to leave them. The Dose of the Elixir is about 20 Drops.

It is thus made.

Take Myrrh, Aloes, and Saffron, of each one Ounce ; Tincture of Salt of Tartar, twelve Ounces : Digest them together for some Days, then decant what is clear, and keep it close stopt.

By observing a regular Method with either of these, according to Direction, that is, taking either the Wine, or the Elixir, alternately with the Pills, after Bleeding, for about a Month every Spring and Fall, from the Time that the Courses begin to dodge, 'till they entirely cease, all those Disorders and Pains, to which many Women are subject during this Period, will be effectually prevented, and the Patient will enjoy as settled Health, as when she had her Purgations the most regularly. Only in the Use of all these Things, and indeed of every Medicine that can be prescribed, great regard must be had to the Constitution of the Person, and the Circumstances of her Case: For it may sometimes happen, as when the Courses do not only dodge, but flow too sparingly when they come, that it will be proper to go thro' a whole Course of the Remedies in *Chap. II.* for Suppressions and Obstructions, before using the Chalybeate Wine or Tartarized Elixir. So, in like manner, if they flow too excessively when they appear, which is sometimes the Case, then Recourse should be had to the Prescriptions in *Chap. III.* for an immoderate Flux. After which

which may be taken a Dose of the Cathartic Pills, and the Wine and Tincture, or the Elixir, as directed in the preceding Paragraphs; observing to repeat the same twice a Year at least, 'till the Courses totally cease, and 'till the Patient finds her Health well-establish'd without them; which she will not fail to do, morally speaking, in a very short Time, by this excellent Method.

C H A P. V.

Of Women who never had their Courses: Of Blood breaking out by unnatural Ways; and of the Complication of the Courses with other Diseases.

THAT there may not be any Thing wanting in this Treatise, that will be of Advantage to the Fair Sex, with regard to their Monthly Evacuations, I shall in this Chapter consider several Circumstances, to which they are liable, but which have been either totally omitted, or but imperfectly handled, by others who have written on this Subject.

Tho' the Flux of the Courses is the proper, and only certain Sign of a Woman's Maturity, yet there are some Women who never had them, even after Marriage: Nor have all Women in this Situation been either

barren, or unhealthy: For some have had Children, and others have enjoy'd a good Habit of Body to appearance; tho' far the greater Part have been either sickly or infertile. The general Sources of this Defect are two, one common to the whole Constitution, the other peculiar, and arising from accidental Causes. When a Woman is strong, active, and has her Parts so disposed, as that every Member employs or expels what is convenient for it, her Temperament then becomes so much like a Man's, as that there is no room for a menstruous Purgation. This is the first, and indeed the least dangerous Origin of this Malady: For a Malady we must call it, however the Woman may find herself, because it is a Deviation from the common Course of Nature. Women of this Kind are of a hot and robust Constitution, such as we usually call Viragoes: Their Complexion, for the most Part, is brown; their Bodies compact; their Limbs large; their Shoulders broad; they have a bold and masculine Voice; are strong and hairy like Men. This Habit, however, as we before observed, must be accounted vicious, how little soever the Person may seem affected by it, because it is not proper to her Sex. But whether or no a Cure of it be either practicable or necessary, when attended with no apparent Inconveniences, is what I shall not take upon me to determine: Those who are willing to try the Medicines

that

that follow, may, if they please, be satisfied what can be done.

But the greatest Part of Women, who labour under this Irregularity, are sickly and barren; which proves it to proceed from some other Cause than a masculine Constitution. The first thing necessary in the Cure of these, is to find out the immediate Source of their Distemper. If it proceed from a hot Intemperies of the Womb, it may be known by a severe Pain in the Part, and by the Heat of the whole Belly. A dry Intemperies may be discover'd from the long Fevers that attend it, and from a thin Habit of Body, which in time grows gross and unhealthy for want of this due Evacuation. An ill Formation of the Parts occasions Swellings of the Belly, Pains and a seeming Weight, or Pressure, which is very troublesome.

But the most common Cause is a hot Intemperies, which must be cured by four sorts of Remedies. *First*, By cooling Diet, such as Chicken, Veal, when they eat Flesh; Broth wherein Endive, Sorrel, Lettice, Spinage, and the like have been boiled: Oranges are also good, and roasted Apples and Prunes. Their Drink should be small, their Sleep and Exercise moderate. *Secondly*, Let them bleed twice or thrice in the Foot every Year, and take such things after it as correct the hot and bilious Humours: Such are the Waters and Syrups of Purslain, Succory, Endive, Violets,

and some others. Then let them be purged with the following Medicines.

Take of the best Rhubarb, two Scruples ; infuse it a whole Night in four Ounces of Endive-Water ; strain it in the Morning, and add an Ounce of Manna, or of the Pulp of Cassia, and an Ounce of solutive Syrup of Roses.

In the *third* Place, let them use such Things as leisurely attemperate the Heat of the Humours and Parts ; as Conserve of Roses, or Violets, with Endive-water ; a Decoction of Barley before Meals, or Goat's Milk in the Morning, with the Flowers of Violets and Burrage. The following cooling Draught is also very useful.

Take cleansed Barley, two Handfuls ; Roots of Burrage and Succory, of each an Ounce ; Leaves of Burrage, Succory, Endive, Fumitory, and Sorrel, of each half a Handful ; of the Cordial Flowers and Cold Seeds, each a Handful ; Anniseeds, one Dram ; Raisins, an Ounce ; and about a Dozen Prunes : Boil them in three Pints of Water till it comes to a Quart : To the strained Liquor add a sufficient Quantity of Sugar, and spice it with a Dram of the Species of the three Sanders. But if you intend to have it purgeable, add towards the End of the Boiling, Leaves of Sena and Pulp of Tamarinds, of each an Ounce ; and after it is boiled, three Ounces of solutive Syrup of Roses, or of Succory with Rhubarb.

Or

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Or this, which is more simple, and easily made.

Take Spring-Water, twenty-six Ounces ; make it boil, and then put in Juice of Lemons and fine Sugar, of each two Ounces ; Cochineal, one Scruple ; let it continue boiling 'till the Scum be taken off, and then put to it four Ounces of Damask Rose-Water. The Quantity to be drank at a Time, unless when Cathartics are intermixed, may be left to Discretion : But when Purging is intended, so much must be taken, as will be found to answer the Intention.

Fourthly, It has been usual, on these Occasions, to apply Topicks to the lower Part of the Belly. They may be thus prepared.

Take Oil of Sweet Almonds, one Dram ; Hen's Fat, Butter, and Goat's Milk, of each half an Ounce ; Juice of Gourds, Endive, or Violets, of each six Drams : With Wax make a Lintment, Ointment, or Plaister, as the Patient likes best. But before the Application, it will be proper to foment the Part with a Decoction of Lettuce, Violets, Marsh-mallows, and Fumitory ; and to open the Passages, add the Leaves of Maiden-Hair, Mercury, and Mugwort.

Glysters also, applied at Night, are very cooling and comfortable, both to the Womb

and the whole Body. They may be made thus,

Take Chicken Broth, boiled again with the fore-mentioned Herbs, six Ounces ; Oil of Sweet Almonds and Violets, of each two Ounces ; Sugar the best, one Ounce ; Yolks of Eggs, two. Mingle them. When injected, let her retain it, if possible, all Night : And when the Heat is very great, stuff the Chicken for this Decoction with Conserve of Red Roses.

If the Disease proceed from Dryness, and is so known by the Symptoms above, it must be cured with moistening Meats of good Nourishment, and with such Drinks as dilute the most. The Woman should walk often, but not so much at a time as to tire herself. Rubbing likewise, about the Region of the Womb, will be serviceable, that the Parts may be dilated, and the menstruous Blood find a Way down to the Womb. Baths also are proper, and Ointments made of Mucilages of the Seeds of Psyllium and Quinces : Besides Glysters, which, on this Occasion, should be thus prepared.

Take Decoction of Marsh-mallows and Violets, of each eight Ounces ; Fresh Butter, three Ounces : Mingle them.

All Evacuations must here be avoided ; for they increase the dry Habit.

Finally, when the Disease proceeds from an ill Formation of the Parts, Medicines are too often

often unprofitable: In such Cases, the Quantity of the Blood must be lessen'd by Phlebotomy, where the Patient can bear it; and where she cannot, it must be diverted some other Way by a thin Diet, frequent Exercise, and Frictions all over the Body, especially early in the Morning; by which means the Blood will be turned from the inner Parts of the Body to the outward, and part of it dissolved. Baths moderately hot are also good: And these Things may be sufficient for married Women, who receive Advantage by Conversation with their Husbands; but in Maids and Widows it hath sometimes been thought proper to provoke the Piles, or to open Issues. However, what is already said, without farther Advice, unless where the Case is very extraordinary, will be sufficient for every one's Direction; it being not frequent that any other Remedies are wanting in the most obstinate Disorders of this kind, than what are here inserted, and in the former Chapter concerning Obstructions, which may be consulted.

And the same Means will also be sufficient, when the menstruous Flux, for want of its natural Evacuations, breaks out by contrary Ways; as by the Mouth, the Nostrils, the Nipples, the Fundament: The Cause of which is generally some violent Passion of the Mind, or great Disturbance, happening when the Courses are ready to flow. It may likewise be occasioned by Obstructions, such as before have

have been treated of, or by violent Pains, or by the Weakness of the Parts thro' which the Blood finds a Passage: For the weaker Parts always receive what the stronger repel from them. Or it may proceed from some external Cause, as drinking cold Water unseasonably, washing the Feet or Legs, or using Vinegar immoderately, when the Courses are near,

The Cure of these Disorders, I say, whenever they happen, must be by the same Way as the former; that is, *first*, by Evacuation of the superfluous Blood; and *secondly*, by recalling it to the lower Parts, by heating, moistening, and opening them; observing at the same time, to keep the upper as cool as possible. But both these Intentions have frequently been answered by bleeding in the Foot three or four Days before the Blood flows; by applying Cupping-Glasses to the Thighs, Legs, and Hips, with Sacrification; by hot Baths, Frictions, and Walking; and by Unctions, Uterine Glysters, and Fomentations made of the opening Herbs above-mentioned. This only I would note further, and then refer to the Chapter concerning Suppressions; that in hot Bathing for these Disorders, the Water should never reach above the upper Part of the Belly.

But there is scarce any Thing of greater Difficulty to Physicians, than to manage Women who are under any Irregularity with regard to their Courses, at the same time that they

they have other Diseases on them, which is what we call a Complication of the Courses with other Distempers. This may happen, either when a Disease comes on just as the Courses are about to flow ; or, when by Reason of the Invasion of a Disease, the Courses flow before their due Time ; or, when the Courses flow at their accustomed Time, yet happen to come at the Beginning of a Disease ; or, when the Courses being suppressed or diminished, a Disease comes upon the Patient on another Account ; or, when there being a pre-existing Disease, a Suppression or Delay of the Courses causes an Increase of the Disease and its Symptoms ; or, *lastly*, when the Courses flow unseasonably, while another Disease is on the Patient. I shall consider each of these in their Order.

First, If the Courses are about to flow when the Disease is beginning, or in its Progress, we must consider whether the Disease be occasioned by the Womb, and whether the Nature of it requires bleeding ; and if it does, let the Evacuation, by all means, be in the Foot, as most proper to assist the menstruous Purgation, and ease the Vessels of their approaching Burthen. But if the Distemper arise from an ill Habit of the whole Body, or affect some other principal Member of it, then the present Distemper is more to be considered in Phlebotomy than the expected Pur-gations, especially if the Time of their Coming be not 'till after eight or nine Days ; for when
they

they are very near, they ought to be more regarded. But purging Medicines, Vomits, and Sudorificks, must be deferred 'till the Courses are over, or at most must be but very gentle in their kind, lest the Blood should be diverted, or hindered from flowing: For if that should be the Case, the Blood thus unseasonably detain'd, may overcharge the whole Body, or rush upon the principal Part affected, and cause an Increase of the Distemper. But if, when the usual Time for the Courses is over, they do not appear, it will then be proper to purge, or use such other means as the Distemper may require, because the Courses by such Methods may be promoted: And in this Case, no Purges can be equal to those which are prescribed in *Chap. II.* concerning Suppressions.

Secondly, If by Reason of a Disease the Courses come before their due Time, it often makes one of the most difficult and dangerous Cases that can happen, especially if it be at the Beginning of the Disease, and before general Remedies have been given: For if you bleed in the Arm, or purge with regard to the Disease, you hinder the Monthly Purgation; and if you do neither, you suffer perhaps the Disease to increase. Those Things that are proper for the Disease, may stop the Courses; and if the Courses flow, they do not relieve the Disease: For such an Evacuation, at the Beginning and Increase of a Disease, is almost always pernicious, Nature at
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that Time seldom promoting any useful Discharge. When such an Anticipation of the Courses happens, we must consider from what Cause it proceeds with regard to the Distemper, and treat it accordingly, so as neither to increase the one, nor suppress the other. But the Management of this must be left to some Person of Skill and Experience, it being impossible to give any general Directions in Cases so variable. It has been observed, however, that Bleeding in the Foot is always useful, whenever there is a Plenitude, or Fullness in the Vessels, which should be well consider'd. As to the Flowing of the Courses, when a Disease is at the Height, or in its Decline, it is then so far from dangerous, that it usually turns to Advantage, provided they flow easily; it being then the fit Season for Evacuation, appointed by Nature herself.

Thirdly, If the Courses flow at their due Time, and yet happen to fall in with the Beginning of a Disease, it will be proper to wait on Nature, and see, after 12 Hours, if the Flux is like to be sufficient without Help; for otherwise, Bleeding in the Foot will be necessary, to compleat the natural Evacuation, and even to help the complicated Disease, if the Nature of it requires Bleeding. This is meant chiefly of Diseases not violent; but lest they should grow so, all other means must be used, as Frictions, Glysters, and Suppositories, to encourage the menstrual Flux, and get it over as soon as possible, that we
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may be at liberty to treat the Patient with more Freedom, and more agreeably to her increasing Malady. But if the Disease be at first acute, as a Pleurisy, a Quinsy, a Fever, or the like, then besides bleeding for the Terms in the Foot, you must bleed in the Arm also for the Disease, if the Patient can bear twice bleeding: If not, you must respect the most violent Indications rather than the weakest, and bleed in the Arm preferably to the Foot: Only avoiding Cathartics, Emetics, and Sudorifics, till the Courses are over; because the Helps that these may contribute towards removing the Disease, are not equal to the Hurt they would do in retarding the Courses.

Fourthly, If during a Suppression of the Courses, another Disease comes on the Patient, in that Case we must consider whether the Suppression has been of short or long Continuance, and whether the new Distemper may not possibly proceed from it: For if it does, there is no Question but we must treat the Patient as in other Cases of Suppressions, before we regard the concomitant Disorder; according to that approved Maxim, *Remove the Cause, and the Effect will cease*. Even if the Suppression be new, provided the Disease be light, and not thoroughly understood, it will be proper to attend a-while the Flowing of the Courses, and endeavour to help them by gentle Means, before you make use of other Medicines, which may tend to retard them; because in slight Diseases, the Indication from
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the Courses stopp'd, is more to be minded than the Disease itself. But in acute and violent Distempers, such as those mentioned in the preceding Paragraph, certainly those Remedies must be administer'd which the Distemper requires, according to the Directions, and with the Exceptions there set down.

Fifthly, If while a Woman is afflicted with any other Distemper, a Delay of the menstrual Flux occasions an Increase of that Distemper and its Symptoms, we must still begin with Bleeding in the Foot, and endeavour to remove the Obstruction before any Thing else, provided the Nature of the Disease be such as will bear a Truce in Physick, without Damage to the Patient, After Bleeding, let the other Means proper in Suppressions be used, such as Cupping-glasses, Frictions, and Emmenagogue Medicines, as before prescribed: And when the Terms have had their due Evacuation, provide for the other Disease, according to its Nature. But here, as elsewhere, we must make a careful Distinction, and not use the same Method where the Disease is violent, as where it is only slight: For acute Distempers must always have immediate Regard, because of the Danger that attends them, and not be neglected on any Account whatsoever.

Sixthly and lastly, If the Courses come, and are stopt, at the Time of any Disease, it will be necessary as before, to promote their Discharge, or relieve the Defect of it by Phlebotomy,

botomy, in Proportion as the Plenitude of the Vessels may require: After which, we may purge gently, and with proper Cathartics, so as not to divert the Course of Nature. For in all these Cases, the Treatment of the Patient must be regulated by that one grand Principle, of still observing the strongest Indications and Symptoms, and not suffering them to increase, while we regard others of less Moment. It will sometimes happen, while a Distemper prevails, that the Courses will flow in Drops only before their Time; and then we must proceed as in the second Case, concerning the Anticipation of the Courses, only with more Reserve. So likewise, when this gentle Dropping happens at the Time when a Flux is naturally expected, you must treat it, under the same Regulations, according to the Instructions in the third Case: Only as a greater Oppression of Nature is hereby indicated, the Discharge by Phlebotomy ought to be more plentiful.

N. B. Most of the Remarks in this Chapter, at the latter End especially, and some in the preceding, are directed chiefly to Midwives, and Women of Skill and Experience, because no others can comprehend the Nicety of these Distinctions. I thought it necessary, however, not to omit them, because they are the Result of long and exact Observation, and because those Persons, for whom I design them, are always consulted in Cases of Difficulty, and which are singular and uncommon.

For

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For whatever may have been pretended concerning general and universal Remedies, those who have depended too much on such Quackery, have found by woful Experience, that how good soever the Preparations have been in themselves, it was necessary to have them skilfully applied, in due Proportions, and with proper Variations, in order to prevent many dismal Consequences, which are but too much attendant on the most judicious Practice.

Note farther, as a Supplement to all that has been said concerning the Courses, that it is highly proper for all the Fair Sex, whether Maids or Women, to keep themselves warm while their Courses flow, let them come never so regularly, and drink White Wine Caudle, Ale Caudle, and other hot Things of like Nature, in order to promote them, both at going to Bed, and an Hour or two before they rise in the Morning. A little mull'd Wine also, or Ale with Spice and Sugar, taken moderately, may be of Service between whites.

C H A P.

C H A P. VI.

Of the Hysteric Disease, or Vapours in Women; with a Word or two concerning Melancholy in Men.

THE Hysteric Disease is the joint Appearance of numerous Symptoms in Women, which shew that their Animal and Vital Faculties are greatly disordered: It proceeds from an Attack of several particular Causes, affecting the Brain, Heart, and Womb; or, in other Words, giving an irregular Motion to all the Animal Spirits. It may also be owing to an Obstruction or Cessation of the Courses, to a too violent and immoderate Flux of the Lochia, or Child-bed Purgations, an Impurity of the Blood and Juices, the Whites, Obstructions and Uneasiness in the Womb-Vessels, and various other Causes peculiar to Women: Besides that it sometimes affects them, as the Hypo or Melancholy does Men, from an Indigestion, or a crude and viscid Chyle, which brings an universal Lensor, or Slowness upon the Blood; and may be occasioned either by a sedentary and inactive Life; feeding too freely, or upon gross Aliment; catching Cold; Excess in Venereal Pleasures; too large Evacuations of any kind, or a Stoppage of such Evacuations as

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are necessary ; extreme Passions in the Mind, as Grief, Sorrow, Despair.

The Vapours, or Hysteric Fits in Women, and the Hypochondriac Disorder in Men, are the most frequent of all chronic, or lasting Distempers : Few Women are free, more or less, from the former ; and most Men who lead sedentary Lives, and study hard, are afflicted with the latter. And indeed these two Diseases are so very alike in many Particulars, that it is sometimes not easy to distinguish them : Tho' in fact, the greatest Number of Symptoms in the Hysteric Disease are of such a Nature, and affect the Fair Sex in such a manner, that Men cannot have them : And those Symptoms are so numerous, that it is impossible to reckon them half ; however, we shall mention some of the chief.

The Hysteric Fits in some Women return Monthly, in others three or four Times a Year ; but most frequently the Periods are uncertain, and the Returns sudden. The Person in the Fit sometimes lies as dead ; then the Breath grows short, thick, and difficult ; all the Intestines are observed to have a violent and irregular Motion, and a great Swelling arises in the Throat, idly by some supposed to be of the Womb ; and by this the Person appears to be almost strangled. This Tumour is more probably supposed to proceed from the irregular Motion of the Spirits and Juices, which causes a Plenitude or Over-charging of these Parts. During
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this Time likewise the Extremities are strongly convulsed and contracted, the Patient being then possess'd of more Strength than is natural; the Pulse is strong and intermitting, the Voice sometimes hoarser, and sometimes smaller than ordinary. The Person, towards the End of this violent Fit, talks wildly, and sometimes obscenely; laughs, or cries, without the least apparent Cause; and when tired out, as it were, with acting this mix'd Scene, falls again into the other Extreme, lies speechless, with a weak and low Pulse, the Extremities cold, and the Eyes closed. Soon after this, the violent Fit returns again: And thus the Patient is sometimes held, with Intervals, for the Space of an Hour or two. After the Fit is gone off, she complains of a universal Soreness, Dulness, Swimming, and Dizziness of the Head; and presently falling asleep, the Disorder entirely goes off for the present Time.

These, I say, are the most usual Symptoms of a violent Attack: But so various is this Disease, in its utmost Extent, that it resembles almost all Disorders that Mankind are subject to. Whatever Part it seizes, it immediately produces such Symptoms as belong to those Parts when affected with a real Distemper. Thus when it possesses the Head, a violent Pain is felt in one Part, which seems fix'd; and the whole Seat of it may sometimes be cover'd with the top of the Thumb. This Pain is attended with Retching, and frequently

frequently with Vomiting. Thus too when this Disease attacks the Spirits, some violent Commotions of Mind are presently occasion'd. In short, when we speak of Hysterick Diseases, or Vapours, we seem not to speak of one, but of a whole Legion of Distempers; that produce Head-Achs, Giddiness, Convulsive Motions, Palpitations of the Heart, Rumblings of the Stomach and Bowels, Difficulty of Breathing, Hiccup, Loss of Senses, both external and internal, and every other Disorder, at least to Appearance.

But to be yet more particular: It sometimes occasions such a Palpitation, or Motion of the Heart, that the Patient verily believes those who are near her may hear the Thumps against her Ribs: Sometimes it promotes a Coughing without Intermision; but the Patient all the while expectorates nothing; sometimes it falls violently upon the Parts between the Stomach and the Bowels, or about the Region of the Heart; and causes an excruciating Pain, like the Twisting of the Guts; when the Woman vomits up a green Matter, or otherwise discoloured, in great Quantity: This Pain and Retching often goes off with a Jaundice-like Indisposition, that tinctures the Surface of the Body like Saffron: The sick Person is here much dejected, and Desperation as certainly attends this Species of the Vapours, as the Pain and Vomiting above-mentioned. When the Disease falls upon one of the Kidneys, it causes a Pain there representing the Stone, or
Stone

Stone-Cholick ; and it is often difficult to distinguish it from the Distemper it represents, unless by having remarked in the Woman some Uneasiness of Mind before, we learn from thence that it is the Hysteric Disease. Nor is the Bladder free from its pernicious Effects ; for sometimes, tho' not often, it stops the Urine, and causes Pain there like the Stone. Sometimes falling upon the Stomach, it causes continual Vomiting ; and sometimes, by fixing on the Guts, a Looseness : But generally no Pain accompanies these two last Symptoms ; tho' oftentimes, in both, the green Humour before-mentioned appears in the Evacuations.

And as this Disease afflicts almost all the inward Parts, so sometimes it seizes all the outward Parts, and musculous Flesh, occasioning Pain, and not seldom Swellings in the Jaws, Shoulders, Hands, Thighs, and Legs, but most conspicuously in the latter ; and, contrary to Swellings in the Dropsy, this is most visible in a Morning ; nor does it leave a Pit, when pressed, like the Dropsy, nor often affect more than one of the Legs at a time. Even the Teeth are not secure from the Assaults of this Disease, tho' they are not hollow ; and notwithstanding there is no apparent Defluxion, that may occasion the Pain, yet it is altogether as violent, durable, and hard to cure, as when there is.

But among all the Torments that accompany the Hysteric Disease, there is none so common,

common, I may venture to say so certain, as a Pain in the Back; which all Women without Distinction feel, more or less, how little soever they are afflicted with the Vapours. It is usual also, that after these Pains are gone off, there is a Stiffness, Numbness, or Soreness of the Part, as if the Patient had been beaten, so that she cannot bear to have the Places touch'd: But this Tenderness wears off by Degrees. And it is worth observing, that a considerable Coldness of the outward Parts often makes way for these Symptoms, which for the most Part does not go off 'till the Fit ends: And that all hysteric Women, moreover, complain of a Dejection and Sinking of the Spirits; and when they are required to shew the Place where they seem to be affected with this Sinking, they always point to the Region of the Lungs.

Of the many Symptoms however, that attend upon this Disease, there is not one more infallible, or more inseparable from it, or that so surely distinguishes it from all other Disorders, as the Colour and Quantity of the Patient's Urine: For this, in the Vapours, is as clear as Rock-water, and comes away, when she makes it, in great Plenty, especially when just before she has found herself faint and sickish. Moreover Women, in this Distemper, are subject to belch up ill Fumes as often as they eat, tho' they eat only moderately, and according to their Appetite. In fine, they are continually changing from one Ex-

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tremity of Temper to another, being both very merry and very dull in a short Space of Time.

It is reckon'd, that of the several Degrees of the hysteric Disease, the worst is when many Parts suffer Convulsions, and the Exercise of the Senses is interrupted; and the least dangerous where the Mind is unaffected, or affected so little as to preserve its Faculties entire, and but one or two Parts are convulsed, without suspending, or interrupting the vital Functions. In general, these Disorders of themselves seldom endanger Life; but in those who abound in Humours; and whose Habit of Body is over-charg'd, they prove more violent than in thin Constitutions. When they proceed from a Suppression of the Monthly Courses, and especially if attended with Grief, they are usually both violent, and of long Continuance. If they remain 'till old Age, they are often the Cause of Lunacy; and weaken the nervous System so far, as to occasion a continual Panick, or ill-grounded Fear, the Consequence of which is almost the same, as if the Danger were real. Young Women, when they first begin to breed, generally feel something of this Disease; but it frequently ceases of itself as they grow in Years, or proceed to have Children. It may be of ill Consequence, however, to Women with Child, and to those in Child-bed; at the first, because it may be the Cause of Miscarriage; and to the last, because the Weak-

ness they contract in Labour, makes them less able to bear up against it.

Chearful Company, a good Air, and the moderate Use of Wine, are of great Importance in the Cure of this Distemper. In other Respects, whatever Aliments and Exercises tend to promote a good Digestion, liquify the Juices, nourish and fortify the Blood, are here proper: And all others should carefully be avoided.

The Cure of the Vapours in general is twofold; in the Fit, especially when it is violent, and of long Duration; and out of the Fit, to prevent its coming again. In the Fit, if the Patient have a full Habit of Body, and the convulsive Strugglings are violent, Bleeding is generally allow'd to be proper, tho' it stands condemn'd by some modern Physicians. But whether Bleeding be used or omitted, it is proper to apply Vinegar, volatile Salt of Hartshorn, Spirit of Salt Armoniac, Galbanum, Assa Fœtida, Hellebore or Euphorbium Snuff, or other things of like Nature, to the Nose. Also brown Paper, or Feathers set on fire, and held fuming under the Nose, are vulgarly observed to be of Service in recovering the Patient from her Fit. Likewise a few Drops of Tincture of Castor, or Sal Volatile Oleosum, may be given in cold Water; or, which are more proper Vehicles, in Penny-royal or hystERIC Water: And it will be useful to anoint the Nostrils with a Mixture of Oil of Amber, Oil of Castor, and

Spirit of Hartshorn, of each an equal Quantity.

Instead of the Tincture of Castor, or Sal Volatile Oleosum given singly, the following Composition, if there be Opportunity to get it, may be given to advantage.

Take Penny-royal, Rue and hysteric Waters, of each three Ounces; Syrup of Mugwort, one Ounce and a half; Sal Volatile Oleosum, compound Spirit of Lavender, of each three Drams; Sydenham's Liquid Laudanum, one Dram; Aurum Mosaicum, one Dram and an half; mix, and make a Julep: Of which let the Patient take four Spoonfuls every Hour while the Fits are on her, in order to procure Sleep.

Or, in the room of it, the following Draught may be given every two Hours;

Take Troches of Myrrh and Gum Ammoniac, of each one Scruple; Rue Water, two Ounces; hysteric Water, six Drams; compound Spirit of Lavender, Tincture of Castor, and Spirit of Hartshorn, of each thirty Drops; fine Sugar, a sufficient Quantity to sweeten it. When the Patient appears to have great need of Sleep, and cannot procure it, twenty Drops of Liquid Laudanum may be added to the other Ingredients.

If the Person be young, unmarried, and of a sanguine Constitution, instead of the simple

Simple smelling Medicines above-mentioned, the following may be used.

Take Assa Fætida, two Drams; Camphire, one Dram; White Wine Vinegar, four Ounces: Make a Mixture over the Fire. While it is hot, let the Fumes be receiv'd in at the Mouth and Nostriils, and it will help to recover from the Fit.

Also, if the Case require it,

Take White Wine Vinegar, half a Pint; the best Myrrh and Assa Fætida, of each two Drams; Sugar of Lead and Camphire, of each one Dram: Dissolve it into a Mixture over the Fire, and foment the lower Region of the Belly and Parts adjacent, with Linen Cloths dipp'd in it according to Art.

In the mean time, let a Galbanum Plaister, with a little Assa Fætida, be applied to the Navel: And if the Fit continues long, in spite of the preceding Conduct, give a Dram of Assa Fætida to drink, dissolved in four Ounces of Penny-royal or Rue Water. The Hands and Feet all this Time should be kept extended, the Joints should be bound tight, and a broad Bandage rolled round the Belly; for these external Means are of Service many Times. Nor will it be amiss, if the Patient have a tolerably good Constitution, to give her a laxative Glyster towards the Decline of the Fit.

Supposing now the Fit to be entirely gone off, and the Patient recovered for the present, the next thing to be considered is how to prevent a Relapse. To answer this End, if the Patient be brisk, and of a sanguine Constitution, fetid and detergent Medicines are the most proper: But if of a weak, pale, and sickly Complexion, a Mixture of Steel with nervous Aromatics, and detergent Fetids, will succeed the best. In some aged Persons, whose Nerves are weak, Perfumes prove more effectual than Fetids; tho' this is not frequent. I shall introduce Prescriptions of every kind, and suited to all Habits, in the Course of this Chapter: For, as I have elsewhere observed, there is no other way of proceeding with Safety, and proper Hopes of Success, whatever mistaken People may imagine, who depend on universal Medicines.

I before mention'd a Glyster on recovering from the Fit. And indeed, take it in general, Hysterical Women cannot bear much Purging; for which Reason Glysters are here often substituted in the room of Cathartics. These Glysters should be well charged with Anti-hysterical Ingredients, after the following manner.

Take round Birthwort Root, an Ounce; Rue, Penny-royal, and Camomile Flowers, of each a Handful and an half: Boil in a sufficient Quantity of Water to ten Ounces; in which dissolve strained Assa Fœtida, one Dram; Oil of Amber,

her, two Drams; Oil of Camomile, an Ounce; brown Sugar, a Spoonful or two: Mix for a Glyster.

But when internal Purgatives may be administer'd with Safety and Advantage, the following are well suited to this Intention.

Take Tincture of Hiera Picra, two Ounces and an half; Elixir Proprietatis, one Dram: Mix for a Draught. Or,

Take Fetid Pill, and Pill Ruffii, of each fifteen Grains; Volatile Salt of Amber, and Castor pulverized, of each five Grains; Oil of Penny-royal, two Drops; Syrup of Buckthorn, a sufficient Quantity: Make six Pills, of which let two be taken at going to Bed, and the rest the next Morning early. Or,

Take Root of black Hellebore, one Dram; Rhubarb Root, two Scruples; Sena Leaves, two Drams; Salt of Tartar, half a Dram; Rue and Penny-royal Waters, of each two Ounces and an half: Boil them over a slow Fire; and, when strained, add Syrup of Buckthorn, one Ounce; Sal Volatile Oleosum, Tincture of Castor, and compound Spirit of Lavender, of each half a Dram: Drink it in a Morning early, and observe a due Regimen all the Day.

Either of these Cathartics, as it shall be most agreeable to the Patient, may be taken, and repeated once a Month, or oftener, if required. And if the Blood be very viscid, she

would do well to take half a Scruple of Calomel over Night, made up into a Pill with Conserve of Rue; the Cathartic being taken next Morning. But for such Patients as are ancient and weak, it will be sufficient to use only some of the following Anti-hystericks, omitting all sorts of Evacuations, unless where Costiveness makes them necessary, and there a Glyster may suffice.

A Preparation to smell to.

Take Gum Galbanum, and Assa Fætida, of each two Drams; Camphire, one Dram; Volatile Salt of Hartshorn, Gum Ammoniac, and Myrrh, of each half a Dram; Oils of Rue and Penny-royal, of each six Drops; Oil of Amber, twenty Drops; Elixir Proprietatis, enough to make them into a Mass: Which put into a Box, and smell to often. When the Mass grows dry, you may moisten it again with Tincture of Myrrh and Oil of Amber. But if a Liquid be desired for the same Purpose, there can be no better than this.

Take Tincture of Assa Fætida and Spirit of Hartshorn, of each two Drams; Elixir Proprietatis and Tincture of Castor, of each one Dram; Oil of Amber, two Scruples; Oil of Camphire, half a Scruple: Mix, and keep in a proper Bottle. These Drops may be taken inwardly, provided the Oils of Amber and Camphire are omitted. Their Quantity for a Dose is about half a Dram, three Times a Day.

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Day, along with White Wine and Water, or Penny-royal Water, or, which is still better, the hystERIC Drink hereafter mentioned.

When the Head is dull, and the Thoughts confused, it may be proper, now and then, to make use of the following Sternutatory.

Take Tobacco pulveriz'd, one Ounce ; Assa-rabacca, two Drams ; the best Castor, one Dram ; White Hellebore, half a Dram : Mix, and make a Snuff.

Solutions of the Fetid Gums, that is, Assa Fœtida, Galbanum, and Gum Ammoniac, are excellently adapted to all hysterical Cases, where their Nauseousness can be dispensed with. But in delicate Constitutions, which cannot bear the Assa Fœtida, or Galbanum, both which add much to the Efficacy, we must be content with dissolving the Gum Ammoniac only.

The entire Prescription may be thus,

Take Gum Ammoniac, two Drams ; Assa Fœtida, one Dram ; Black Cherry and Penny-royal Waters, of each three Ounces ; Compound Bryony Water, two Ounces : Dissolve the Gums, strain the Liquor, and add Tincture of Castor, two Drams.

Or thus,

Take Gum Ammoniac, two Drams ; Galbanum, two Scruples ; Rue Water, and simple Cinnamon

Cinnamon Water, of each three Ounces ; Piony Water, two Ounces : Dissolve and strain as above, but omit the Tincture of Castor.

Three or four Spoonfuls of either of these may be taken twice in a Day ; but where the Galbanum or Assa-Fœtida is omitted, it should be repeated oftener.

When the Complexion is pale, the Blood poor, and its Circulation languid, or the Patient weak and aged, the following Powder may be of great Service.

Take compound Powder of Arum Root, and Preparation of Steel, of each half a Scruple ; Troches of Myrrh, fifteen Grains ; Powder of Saffron, five Grains : Mix for a single Dose.

Or,

Take Peruvian Bark, fifteen Grains ; Salt of Steel, Species of Diambra, and Virginia Snake Root, of each five Grains : Mix and take as above.

Of either of these let her take two Doses Day, drinking after it four Spoonfuls of Julep that may be thus made.

Take Black-Cherry Water, Alexiterial Mixture Water, and Rue Water, of each two Ounces ; Aqua Mirabilis, and Dr. Stephens's Water, each an Ounce and a half ; Aurum Mosaicum one Dram ; Syrup of Saffron, one Ounce ; Spirit of Volatile

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Volatile Oleosum, one Dram; compound Spirit of Lavender, two Drams: Mix them well.

The following Drops also are suited to the same Intention, and may be taken thirty at a Time, twice or thrice a Day, in a Glass of Wine or Julep.

Take Elixir Proprietatis, Spirit of Hartshorn, Tincture of Steel, of each two Drams; Tinctures of Assa Fætida and Castor, of each one Dram: Mix them well.

When the Return of the Fits is very frequent, and other Means have been ineffectual, the following Pills become highly proper, and seldom fail of curing the Patient.

Take Assa Fætida, Piony Seeds, stinking Orache, Myrrh, Gum Galbanum, and Gum Ammoniac, Saffron, Volatile Salt of Amber, Salt of Hartshorn, Powder of Castor, and Balsam of Peru, of each one Dram; Extracts of Black Hellebore and Gentian, of each two Drams; Oils of Rue and Savine, of each ten Drops; Elixir Proprietatis, and simple Syrup of Piony, of each alike, enough to make the whole into a Mass. Divide every Dram into ten Pills, of which let five be taken at a Time, twice every Day, drinking after them four Spoonfuls of the following medicated Wine.

Take live Wood Lice, four Ounces; Root of Cassamunair, wild Valerian, and Male Piony, of each one Ounce; Virginian Snake Root, Gallangs,

langals, Cinnamon, Carraway Seeds, and sweet Fennel Seeds, of each half an Ounce; Lisbon White Wine, two Quarts: Infuse for two or three Days; then strain off, and add four Ounces of double-refined Sugar.

Both the Pills and the Wine are wonderfully adapted to answer this Intention, they having between them, in due Proportion, almost all the Ingredients that are of acknowledged Efficacy in hysterical and hypochondriacal Disorders; as may be seen by comparing them with the other Compositions in this Chapter. If the Patient, however, be of a sanguine Constitution, the Cinnamon and Carraway Seeds may be left out of the Wine, and two Ounces of Black Hellebore Root substituted in its Room. If she be very sickly and weak, add two Ounces of Filings of Steel. Medicated Ales also might be made with the same Ingredients, and the same Variations according to the Complexion of the Person.

As I promised to be very particular in this Article of Complexion, and directing the Medicines with a due Regard thereto, I shall once more distinguish between sanguine and plethoric Persons, and those who are of a contrary Habit, called by the Physicians leucophlegmatic, or pale and low. For the former Sort, the following Bolus and Decoction are well suited, in all hysterical and hypochondriacal Disorders whatever.

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Take Conserve of Rue, one Scruple ; black Hellebore Root, and wild Valerian Root in Powder, and Pulvis ad Guttetam, of each half a Scruple ; Myrrh in Powder and Salt of Amber, of each five Grains ; Camphire, six Grains ; Assa Fætida, four Grains ; Oil of Penny-royal, one Drop ; Syrup of stinking Orache, or anti-hysteric Syrup, enough to make a Bolus. Take two of these in a Day, drinking after it four Ounces of the following medicated Liquor.

Take Woods of Sassafras and Guaiacum, of each one Ounce ; Raisins of the Sun stoned, two Ounces ; boil them in a sufficient Quantity of Spring-Water : When they are almost boiled, add Horse-radish Root, half an Ounce ; common Daucus Seed bruised, and Juniper Berries, of each three Drams ; Orange-peels, two Drams ; Rue, Camomile Flowers, Mugwort, stinking Orache, of each half a handful : Strain the Decoction, and add four Ounces of common Briony Water.

But in pale and thin Constitutions, the following Bolus, or Electuary, which the Patient shall chuse, will be more proper, drinking after it a Glass of common White Wine.

The Bolus is thus made.

Take Conserve of Rosemary, one Scruple ; Myrrh, Castor, Species Diambraë, Saffron, and Salt of Steel, of each five Grains ; Oil of Nutmegs, one Drop ; compound Syrup of Pionies, or anti-

anti-hysteric Syrup, enough to make a Bolus. To be taken, as the former, twice in a Day.

Or, if any *Eleētuary* be more agreeable,

Take Cassamunair and wild Valerian, in Powder, of each half an Ounce; Castor, Extract of Veneris, Cinnabar of Antimony, Preparation of Steel with Sulphur, of each two Drams; Eleētuary of Bay-berries, Conserve of Rosemary-Flowers, of each two Drams; Gum Ammoniac, one Dram and an half; Syrup of Steel a sufficient Quantity to make an Eleētuary. Let the Quantity of a large Nutmeg be taken three Times a Day.

Both in hysteric and hypochondriacal Cases, a gentle Vomit once a Month is of good Use: taking after it about twenty or thirty Drops of the Anodyne Balsam, prescribed *Page 45*. Blisters and Issues have also been found useful in these Distempers, when other Means have been unsuccessful without them. As to Opium, tho' they have been much recommended yet no certain Rule can be given as to the exhibiting and repeating of them in these Cases. But where they are found necessary, as when the Patient is very much fatigued, either by the Fits, or by the Operation of Medicines, nothing better can be administer'd to answer their Intention than the aforesaid Anodyne Balsam.

The Peruvian Bark, or Jesuits Powder, taken with the fetid Gums, hath sometimes been

been found effectual in the hysterical Disease. Also drinking of Chalybeate, or Mineral Waters, when the Blood is viscid, in a clear Air, has alone been sufficient. The Waters of the *Spaw, Tunbridge, the Bath*, have all been severally recommended on this Occasion. But in hectic or decay'd Constitutions, a Milk Diet, and frequent riding in the open Air, is often the last Resource, and sometimes succeeds beyond Expectation.

I have often, in this Chapter, mentioned the Hypochondria, together with the hysterical Disease; because the same Remedies that are good in this latter, are usually the most efficacious in the former: But it may be expected, from my Title, that I should be a little more particular concerning it. I will only add to what was before said, that those Symptoms which it has in common with the hysterical Disease, are seldom so violent. The Rising in the Throat, so terrible to Women, is not often so to them: And instead of those compound hysterical Fits, hypochondriacal Men have only a great Dread or Panick upon their Spirits; the Head is gloomy; a little Business distracts it; and a seemingly settled Sadness hath surprising Intervals of Joy, and uncommon Briskness. Something like this, perhaps, every one has found, at one Time or another.

Tho' I have already multiplied Medicines for these Diseases, yet I will venture to introduce a few more; taken, as well as the former, from

from present Practice, and the most unquestionable Experience. The Patients, no doubt, in these whimsical Distempers, will be very whimsical in the Choice of their Remedies. But among a great many good, in all likelihood they will fix on one.

The *Splenetic Pills* are thus made.

Take Spikenard in fine Powder, a Dram; Asa Fætida strain'd, and Ens Veneris, of each half a Dram; Oil of Amber, eight Drops; Balsam of Peru, a sufficient Quantity to make them into Pills.

Or,

Take Ens Veneris, four Scruples; Saffron, Long Pepper, Virginia Snake-Root, and Spikenard, of each a Scruple; Galbanum, four Scruples; Tincture of Myrrh, a sufficient Quantity to make Pills.

In all hysterical and hypochondriacal Disorders, both these are excellent; and by continuing for some Time to take three or four at a Dose, twice at least in a Day, they will prevail against the most obstinate and inveterate Complaints of this kind. The following also is calculated for the same Purposes, and is entirely good in gross and foul Habits, inclining to the Jaundice or Dropsy, especially if the Constitution be robust of itself, tho' spoil'd perhaps by Intemperance: But Care must be taken not to administer in contrary Habits, because the Cathartics make

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it not so proper. The Dose is five or six at a time, twice in a Day.

Take Species of Hiera, two Ounces; Salt of Steel, half an Ounce; make them into Pills with Syrup of the five Roots, or Extract of Gentian.

But perhaps the Ecphratic Pills of *Sylvius*, which here follow, are superior to all the rest in desperate Cases; they being prevalent, by a continued Use, not only in all hysterical and hypochondriacal Disorders, but even in that Height of Melancholy, which is justly called Distraction: For they cut and wear away those Viscidities, which not only clog the Viscera, but even sur up the Passages of the Nerves, and interrupt Sensation, and that Communication which the Mind has with the Senses. They may be taken three, four, or five at a time, according to the Case, and the Patient's Habit of Body, twice at least in Twenty-four Hours.

The *Ecphratic Pills* are thus made.

Take Gum Ammoniacum strain'd, two Scruples; Salt of Steel calcined to Whiteness, one Scruple; Myrrh and Castor, of each fifteen Grains; Saffron, half a Scruple; Troches of Albandal, a Dram; Rosin of Jalap and Scammony prepared, of each a Scruple; Oil of Fennel, five Drops; Elixir Proprietatis, enough to make them into Pills.

If

If Electuaries should be more agreeable than Pills, the following are the most approved in the present refined Practice, and will not fail of answering all the Intentions of the before-mentioned Pills, and whatever may be required in hysteric Disorders.

An Hysteric Electuary.

Take Conserve of Rue, one Ounce ; Electuary of Bay-Berries, half an Ounce ; Gum Ammoniacum, two Drams, dissolved in a sufficient Quantity of Tincture of Castor ; Powder of Myrrh, one Dram ; Saffron, half a Dram ; anti-hysteric Syrup, a sufficient Quantity to make an Electuary.

This is good against all kinds of Fits and Convulsions that arise from Disorders of the Womb, and a too great Rapidity in the Blood and Spirits. It helps also to clear the Glands, and make a free Passage for the nervous Fluids in the smallest Fibres. Its Dose is the Quantity of a Nutmeg, two or three Times a Day.

Another, usually called the *Splanchnic Electuary.*

Take Conserve of Rosemary-Flowers, one Ounce ; of Roman Wormwood, half an Ounce ; Electuary of Bay Berries, two Drams ; Powder of black Hellebore, and Pellitory of Spain, of each two Drams ; Salt of Amber, one Dram ; Saffron, two Scruples ; Gum Ammoniac, two Drams,

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Drams, dissolved in a sufficient Quantity of Tincture of Castor; anti-hysterical Syrup, enough to make an Electuary.

The whole Compass of Physic cannot furnish out a more effectual Remedy than this, against all those Disorders, which pass under the Names of Spleen, Vapours, Hypo, and the like. Its continued Use for some Time will not only render the Blood, and all the animal Juices duly fluid; but so scour the Recesses, and secret Meanders of the Body, that the Mind, the Director of animal Actions, may meet with no Impediments. It may be taken, as the foregoing, two or three times a Day, about the Quantity of a Nutmeg; and if duly followed, will prevail even in Madness.

The following hysterical Drink also may be made for common Use, and a Draught of it taken after every Dose of the Electuary.

Take Roots of Madder, Smallage, Butcher's Broom, Zedoary, of each four Ounces; Leaves of Mother-wort, Penny-royal, Mugwort, of each two Handfuls; Thyme, Dittany of Crete, of each one Handful; Daucus Seed, three Ounces; Grains of Paradise, one Ounce; Filings of Steel, half a Pound. Hang them in a Bag in four Gallons of Ale, during its Fermentation, and keep the Liquor for Use.

N. B. Persons who have little Exercise, and have not been used to Malt Liquors, may impregnate

pregnate so much Wine with the same Ingredients, and it will do better.

If neither Pills nor Electuary should be acceptable to the Patient, the following Grand Hypochondriacal Elixir may be used in their room.

The Grand Hypochondriacal Elixir.

Take Roots of Valerian and Cassamunair, of each two Ounces; black Hellebore, four Ounces: Digest for twenty-four Days in two Pounds of rectify'd Spirit of Wine; then strain and press it out hard, and put to it Extract of Saffron, one Ounce; Salt of Steel half an Ounce; distilled Vinegar, eight Ounces: Digest these for some Days together in a close Vessel; and then pour off, and filter for use.

This is a most efficacious Medicine in all melancholy, hypochondriacal Affections in either Sex; and there is hardly a Case so obstinate, as to resist it, if it be long continued. It keeps the Body a little laxative, opens by Urine, and will in Time, (for Time there must be in all these Cases) scour the Glands, and most remote Recesses of the Body, clearing them of those adhesive slimy Humours which spoil the Motions of the Spirits, and lay a Load, as it were, upon the principal Wheels of the animal Machine; from whence arise those Perturbations of Mind, and Interruptions of Reasoning, that put a Person into a State little better than that of Distraction.

It is peculiarly excellent also against Disorders from hysterical Causes, and will seldom fail of entirely removing them. It may be given from ten to forty Drops, but the usual Dose is between twenty and thirty, in a Glass of hysteric, or compound Briony Water, or any other suitable Vehicle. Some put into the Composition of this Elixir a little Salt of Amber, which adds to its Efficacy, but renders it more unpleasant to take. The Patient therefore should consider, whether or no she can put up with this Inconvenience, for the Sake of greater Benefit; and proceed accordingly.

I shall subjoin here the most excellent anti-hysteric Syrup that ever was contrived, and which every Woman troubled with Uterine Disorders ought always to keep by her, in order to make up with it all the Bolus's, and Electuaries, that she may have Occasion to take, and also to sweeten all her Juleps and Decoctions.

The *Anti-hysteric Syrup.*

Take Gum Ammoniac and Galbanum, of each one Ounce; Russia Castor, two Drams; Roots of Veleian and Cassamunair, of each two Ounces in gross Powder: Digest all in a circulatory Vessel five or six Days, with a Sand Warmth, in two Pounds of Penny-royal Water: Afterwards pour off the Liquor from the gross Dregs, and melt with it, in the same close Vessel, three Pounds of fine Sugar.

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In the foregoing Electuaries I have substituted this in the Room of Syrup of stinking Orache, and Syrup of the five Roots, which are directed in the *London Dispensatory*, because its Virtues undeniably are much greater. It may also be used in the Pills, if the Patient thinks proper, instead of the other Syrups or Balsams: But the Quantity that can enter into these Compositions is so very small, that it is not there material: Whereas in Bolus's and Electuaries, the Syrups make up a very considerable Part of the whole Preparation.

Notwithstanding that I have here set down such a great Number of Medicines, in regard to different Complexions, and particular Antipathies, (which are more to be expected in this Disease than in any other,) I would have the Patient, by all means, stick to those she begins with, for at least a Month; because Disorders of this Nature, that require so great an Alteration to be made in the whole Habit do not suddenly give way, so as to be perceiv'd, to the Use of Remedies. But every one may depend upon it, morally speaking, that if she selects those Preparations, which according to the Instructions here given, are found to be best adapted to her Case and Constitution, she will not fail in due Time, and by keeping constantly to them, to reap the Benefit, and get rid of a Disorder, which alone contains in it almost all the Distempers that we are subject to.

Before

Before I end this Chapter, I must take notice of one Disorder, which is often a Symptom of the hypochondriacal Disease, but which has not yet been mentioned; I mean, that which is vulgarly called *the Night Mare*. It is usual with Persons afflicted therewith to say they have been *Hag-ridden*, because they have felt an imaginary Weight pressing upon their Stomach in the Time of Sleep, which Ignorance formerly attributed to some supernatural Cause. This, as well as the other Symptoms, proceeds often from bad Digestion, or a Thickness in the Blood, which hinders its Circulation, especially thro' the small capillary Vessels of the Lungs. It usually follows full Meals, late Suppers, or the eating of improper Things. The Person seized with it is greatly disturbed in his Sleep, by frightful Dreams, or dismal Apprehensions. He loudly bemoans himself in Groans, as if at the Point of Death. He breathes thick and short, and sometimes rattles in the Throat. 'Tis not easy to awake him; and when that is done, he complains of having sustain'd a great Pressure on his Breast, which he still feels, tho' in a lesser Degree. This Symptom is not reputed dangerous, unless it becomes Apoplectic, or Epileptic. When it is occasioned by a sluggish Circulation, Exercise is highly adviseable, and now and then a Glass of generous Wine. A dry, clear, and brisk Air is also proper; and moderate Sleep, taken at a due Distance from Meals. Bleeding and

a gentle Vomit will remove it, when occasioned by too great a Fulness of the Vessels. And when it attends on Melancholy, and proceeds from a Viscidity of the Blood, after a few Mercurial Purges, according to the Directions in *Page 79*, a Course of Steel Bitters may be serviceable, or Preparations of black Hellebore Root and Salt of Wormwood, made up with anti-hysterical Syrup; for these will thin the Blood greatly. But if the Disorder proves obstinate and troublesome, which it seldom does, 'tis then to be treated as an Hypochondriacal or Hysterical Case, in all its Forms, and according to the Directions in this Chapter.

C H A P. VII.

Of the Green Sickness.

THE Green-Sickness is an Obstruction in the Womb-Vessels of young Females, under or about the Time of their Courses beginning to flow. It is attended with a Viscidity of all the juices, a fallow, pale, or greenish Colour of the Face, a Difficulty of Breathing, a Sickness in the Stomach at the Sight of proper Food, and an unnatural Desire of feeding on such Things as are accounted hurtful, and unfit for Nourishment. It is also called by Physicians the White Fever,

the Love Fever, the Virgin's Disease, and the White Jaundice.

It sometimes seems to proceed from an Alteration of the Fluids about the Time that the Menfes first begin to flow, or from the Inaptitude of the Vessels to perform those Discharges which Nature then calls for. It may also proceed from an Obstruction in the Bowels, or a sluggish languid Motion of the Blood, whether natural, or acquired by Ease, Indulgence, or Want of Exercise: And this latter, no doubt, is the Case, when the Distemper happens to very young Girls, who are not capable of suffering an Hysterick Disorder. *Finally*, it may proceed from a longing Desire after the Enjoyment of some particular Person; or, in general, from a violent Inclination to exchange a single Life for the State of Matrimony.

This Disease sometimes, tho' not frequently, happens to Children about eight or nine Years of Age: But the most usual Time is at about thirteen or fourteen, when it generally continues till the Terms appear. 'Tis known, as before observed, by the Paleness, Greenishness, or Leaden Colour of the Face, which is also swelled in some Persons, but especially about the Eye-lids, and after Sleep. The Thighs, Feet, and Parts about the Ancles, swell and pit towards Night, especially when the Disorder proceeds from Obstructions; the whole Body being then lax and soft. There is an universal Dulness and Disinclination to

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Exercise;

Exercise ; and the Patient complains of a Pressure, or Weight, chiefly about the Loins, and the Extremities of the Body. Upon any brisk Motion comes on the Difficulty of Breathing, and the Tension and quick Pulsation of the Arteries in the Temples, which seem to beat with great Violence : Also a heavy, and frequently a lasting Pain of the Head, and sometimes a Palpitation of the Heart. The Pulse, generally speaking, is quick and low, attended with a small Feverishness, and a Loss of the natural Appetite : But Chalk, Coals, Stones, Clay, Tobacco-pipes, and other Things of like unwholesome Nature, ought to be kept as much as possible out of the Patient's Way ; for she generally has more Inclination to these, than to a proper Diet.

The Green-Sickness is seldom dangerous, tho' it often proves of long Continuance : But when very violent, and too much neglected, proceeding from a Suppression of the Monthly Courses, and attended with the Whites, it may in time bring on Weaknesses, hard Swellings, and Barrenness. When it happens some Time before the Menses ought to appear, and they break forth without Obstruction, it is usually cured upon this Eruption, without farther Means. If the Whites come after the Green-Sickness has been long fixed, it is held to be a bad Sign ; if before, and it happens upon the Stoppage of the Menstrual Flux, it often proves critical ; if the Courses

Courses flow regularly during the Distemper, 'tis accounted a good Symptom, and there is no Danger.

To forward a Cure, the Patient ought to be placed in a thin and clear Air, to drink Tea, Barley-water, and other attenuating Liquors, warm, and made agreeable to the Palate. Her Food should be nourishing, but easy of Digestion, and not such as may inflame. Moderate Exercise every Day, such as walking, riding, stirring about the House, is very serviceable, notwithstanding the Difficulty and Uneasiness that attend it, and the great Antipathy of the Patient to any sort of Motion. Sleep ought to be moderate, and taken at a due Distance from Meals, not 'till an Hour or two, at least, after Supper. All Passions of the Mind, especially those of Melancholy and Despair, are highly prejudicial: If the Disease, therefore, be found to proceed from a settled Inclination after Marriage, the Parents of the Patient would do well to provide her a suitable Match, as the most effectual Cure; or, if the Desire be after a particular Person, to let her have him, if they approve her Choice. But if Matrimony be not judged convenient for her, either on account of Youth, or for any other Reason, they must then have Recourse to physical Remedies, according to the following Directions.

If the Patient be at all plethoric, that is, if her Veins be well stored with Blood, Bleeding will be highly proper to begin the

Cure; and this is to be succeeded by proper Purgatives, mixed with Calomel, or the same that are prescribed in the Chapter concerning Obstructions, *Page 25, &c.* If the *Menses* are considerably obstructed, or the Time of their first Appearance seems to be at Hand, the Purges ought to be pretty strong, and given about the expected Time of their Eruption, or of their Monthly Returns. As to the precise Quantity of the Dose, all Circumstances being considered, a prudent Mother will be able to regulate it from the Instructions in the fore-mention'd Chapter. In some Cases, especially when the Patient is very young, a Vomit is often successful, being exhibited before Purgation. Those Cathartics, that are either mixed along with alterative Medicines, or given in such Quantities that make them act as Alterants, or lie a considerable Time in the Body before they operate, are usually very efficacious; and in weakly Constitutions preferable to other Purgatives. The following Forms are very good.

Alterative Pills.

Take Ruffi's Pill, fifteen Grains; Salt of Steel, five Grains; Oil of Savin, one Drop. Make three Pills for a Dose. These should be taken at going to Bed, drinking after them a Draught of White-Wine, and continuing the same Course for ten or twelve Days.

Another

Another Sort.

Take *Castor*, *Saffron*, *Myrrh*, *black Hellebore Root*, all in Powder, of each one Dram; *Gum Ammoniac*, one Dram and an half; *Salt of Steel*, four Scruples; *best Aloes powdered*, two Drams; *Oil of Cinnamon*, fifteen Drops; *Syrup of the five Roots*, a sufficient Quantity. Make ten Pills out of every Dram, of which let five be taken for a Dose every Night, drinking after them *Briony Water* and *Pennyroyal Water*, of each two Ounces. These are excellent to warm and comfort the Nerves, thin the Blood and Juices, and cause them to circulate freely. They must be continued, as the others, for ten or twelve Days: And indeed all Cathartics of this Nature, that are intended to make an Alteration in the whole Animal System, which is often necessary in these Cases, must have much more Time to operate than those which are intended only to purge the Intestines. The same Directions therefore must be observ'd in taking the following Tinctures, which may be substituted in the room of the Pills, where these are obnoxious.

Alterative Tinctures.

Take *Tincture of Hiera Picra*, half an Ounce; *compound Spirit of Lavender*, and *Tincture of Castor*, of each half a Dram: Mix for a single Dose.

Or,

Take Elixir Proprietatis and Tincture of Steel, of each two Drams: Mix for Drops.
Let the Patient take thirty at a time in a Glass of Hysterick Wine, or Julep.

After purging a due Time, either with the Pills or Tincture, the Patient must have Recourse to the Emmenagogue Electuaries, or the Uterine Elixir, prescribed in *Chap II. Page 29, 30.* or to the Hysterick Drops, Bolus's, or Electuaries in *Chap. VI.* observing the Directions there given, with regard to her Constitution, and the Circumstances and Symptoms of her Disease. And if her Complexion be so very tender, that she cannot bear purging for ten or twelve Days together, she may omit it every third, or every other Day, as the Case requires, and take on that intermediate Day a Dose of the Emmenagogue or Hysterick Medicine, which she finds most suitable. But when there is a good Constitution, and the Case happens to be stubborn, the Purgatives may be continued to sixteen or eighteen Doses, observing towards the End of the Course to purge and take the other Remedies alternately. When the purging is quite over, the Hysterick Medicines may be continued as in Hysterick Cases, there being no need of other Instructions.

For the younger Sort of Females, after the Use of proper Purgatives, without consulting the

the Chapters of *Suppressions* and *Hysteric Disorders*, the following Electuary may be prepared, and there is no doubt of its Efficacy. By the younger Sort, I mean, such as are troubled with a *Green-Sickness-like* Indisposition before the Coming-down of their Courses can be expected, and before they can have any Inclinations or Desires that may bring it on them. But tho' the Electuary is chiefly intended for these; yet, it has been taken with good Success by those who are more grown, especially those of a weak Constitution: And indeed, if this only were duly followed, for a Month or six Weeks together, after purging with any one of the Alteratives mentioned in this *Chapter*, I am apt to think it would prevail in most Cases of the *Green-Sickness*, without other Remedies.

An *Electuary* for the *Green-Sickness*.

Take Steel Dust, half an Ounce; Species of *Diambræ*, two Drams; Conserve of Roman Wormwood, six Drams; Oil of Cinnamon, three Drops; Syrup of Saffron, enough to make an *Electuary*. Let the Quantity of a Nutmeg be taken twice in a Day, drinking after it four Spoonfuls of the following Julep.

Take Black-Cherry Water, six Ounces; Compound Briony Water, two Ounces; Syrup of Citron Peels and Syrup of Steel, of each half an Ounce; Compound Spirit of Lavender and

Sal Volatile Oleosum, of each one Dram: Mix them well.

But it hath sometimes happened, that a *Green-sickness-like* Disorder has afflicted Women, who have their Courses regularly. The Cases of this kind are very extraordinary; yet it would not be proper quite to pass them in silence; because, when they happen, they require other Treatment than the common Symptoms of a *Green-sickness*, and no way different from that of a *Yellow-Jaundice*. This Disorder proceeds from too great a Quantity of bilious Matter in the Blood, which exhibits a yellow Colour over the Surface of the Body. It is seldom mortal, any more than the common *Green-sickness*, unless extremely neglected. *German Spaw-Water* is thought serviceable here; also *Water-Gruel*, with *White-Wine Whey*, and such medicated Wines as that in *Page 83*. But the best Way will be to begin with Purgings, as in all other Cases of the like Nature.

Take Tincture of Hiera Picra, two Ounces and an half; Syrup of Buckthorn, half an Ounce; Elixir Proprietatis, one Dram; Tincture of Saffron and Sal Volatile Oleosum, of each half a Dram: Mix for a Draught. Let this be taken early in a Morning, and repeated two or three Times a Week. But if any Inflammation attend the Distemper, the following Pills will be more proper.

Take

Take Ruffi's Pills, and Stomachic Pills with Gums, of each fifteen Grains; Volatile Salt of Amber, Salt of Tartar, and Salt of Steel, of each four Grains; Resin of Jalap, five Grains; Oil of Juniper, one Drop; Syrup of Buckthorn, enough to make Pills. Divide the whole into six Pills, which take for one Dose.

Between the Evacuations, and for a Week or Fortnight after they are discontinued, the following Electuary will be very serviceable, observing to take about the Quantity of a large Nutmeg at a time, twice or thrice a Day, and to drink after it a Draught of Bitter Wine.

Take powder'd Wood-Lice, and Venetian Soap, of each half an Ounce; Turmeric Root, three Drams; Saffron, Gum Guaiacum, and Species of Diambrae, of each one Dram; Salt of Wormwood, Volatile Salt of Hartshorn, Camphire, Long-Pepper, of each half a Dram; Syrup of Rhubarb, enough to make an Electuary.

And during the whole Time of Cure, the following Diet-Drink may be used in common, to very great Advantage.

Take pointed Dock-Root, Turmeric Root, Madder, the five Opening Roots, Liquorice, Tamarisk Rind, Juniper Berries, sweet Fennel Seeds, Mustard Seeds, Roots of Zedoary and Galangals, Orange and Lemon Peels, of each

two Ounces ; Cinnamon and Salt of Wormwood, of each one Dram ; Nutmeg and long Pepper, of each half a Dram ; Cloves, Mace, Saffron, Cockineal, of each two Drams ; live Wood-lice, one Pound ; Water Germander and the Lesser Celandine, of each six Handfuls : Infuse them in six Gallons of Ale.

When the *Green-Sickness* proves obstinate, it is proper to have recourse to the Cold-Bath, and to the Use of Mineral Waters : Or, an Infusion may be made in Lime Water, with *Chips of Guaiacum, Sassafras, Saunders ; a little Gentian and Angelica Root, Winter Bark, and Roman Wormwood : To which add Tincture of Steel, a sufficient Quantity, in Proportion to the other Ingredients ; or infuse Filings of Steel with the Woods and Roots.* This may be drank instead of the Chalybeate Waters, and will frequently answer the same Purpose. *Decoctions, or other Preparations of the Jesuits Bark, with Steel Wine, and Tinctures of Black Hellebore and Cinnamon, being continued a considerable Time, are also very effectual in lax Constitutions, and where the Juices are viscid.* But when the *Green-Sickness* is attended with the Whites, it must be treated with regard thereto ; for which see the *Chapter* on that Distemper.

C H A P. VIII.

Of the Furor Uterinus.

THE *Furor Uterinus* is such a particular Complication of hysterical Symptoms, from an extraordinary Fulness or Inflammation of the Vessels of the Womb, as forms a sort of Madness, wherein the Patient is preternaturally disposed, or involuntarily excited, as it were, to venereal Embraces. It is a Distemper not very frequent; but which sometimes happens, as in the Case *Page 8*. The Signs of it are very manifest, both by the Gestures of the Body, and the Tendency of the Patient's Discourse; which, how great soever her natural Modesty may be, will be extravagantly leud.

The Causes of this Disease are usually the same with those of other hysterical Disorders, but more violent in their Effects. A vigorous, healthy, and sanguine Constitution, high Feeding, Want of Exercise, or a mix'd Conversation, may dispose to it: As may also too large a Dose of Cantharides, and other provocative Medicines; or indulging vehement Desires, and too great Familiarity, but short of Enjoyment, with the other Sex. As to other Causes, see the Case in *Page 8*. before referr'd to, and that in *Page 10*.

Some

Some Time before the Fit, the Patient often appears silent and sorrowful, with a bashful, down-cast Look, and an unusual Flushing all over the Face. Her Pulse is irregular, varying from high and strong, to low and weak, and then growing strong again of a Sudden: She breathes also now thick and short, and then with long Intervals, heaving it out, as it were, with a Sigh. These Symptoms increase gradually, till the Fit actually comes on: Then the Patient bursts out into a Fit of Laughter, and immediately after into a Fit of Crying, when the Tears are plentifully shed. If a Man comes in her Way, she is apt to lay hold of him, and treat him with indecent Fondness. In fine those who labour under this Disorder, appear to be mad by Intervals, and say and do a thousand Things, which they are unconscious of when the Fit is over.

If the Symptoms are violent, the Fits frequent and of long Continuance, and especially if the Patient be of a sanguine Constitution unmarried, and the Case originally proceeds from a fix'd Amour, it is difficult of Cure and sometimes degenerates into a continual Madness (of which I shall treat a little farther.) But if the Distemper proceeds from an Obstruction or Suppression of the Monthly Courses, from too great a Quantity of Blood or from a too indulgent Life, it is more easily remedied.

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The Person thus afflicted should be removed into a clear and open Air, if she be not in such already; and if she be, a Change perhaps may be of Service. Her Diet should be thin and cooling, and not taken in large Quantities; her Exercise, between the Fits, moderate. Let her be kept, as much as possible, from the Company of Men; and especially, if Love be the suspected Cause, from that Man whom she is known to affect, unless it be to bring them entirely together, and cure the Disease by removing its Origin.

During the Fit, Bleed directly, and that in a considerable Quantity, especially if any Evacuations have been suppress'd; afterwards exhibit the following Opiate.

Take Black-Cherry Water and White Wine Vinegar, of each one Ounce; Sugar of Lead and Camphire, of each half a Scruple; White Sugar, two Ounces; Liquid Laudanum, forty Drops: Mix them well, for a single Draught. Also.

Take Spring Water, twelve Ounces; Lemon Juice and White Wine Vinegar, of each one Ounce and a half; White Sugar, a sufficient Quantity to make it palatable: Mix them well, and let her use it for common Drink.

The Tincture of Assa Foetida, and most of the fetid Medicines prescribed in the Chapter of Hysteric Diseases, as Gum Ammoniac, Galbanum, &c. may be given inwardly in the
Quantities

Quantities there directed. A Galbanum Plaster should be applied to the Navel, and the following Injection made use of every two Hours, or oftener.

Take Milk, half a Pint ; Tincture of Assa Fœtida, two Ounces ; Camphire, Sugar of Lead, and Troches of Myrrh, of each two Drams ; Mix them, and inject cold, with a proper Instrument.

If these fail of Success, repeat the Opiate ; and if the Fit still increase, let the Patient be had to the Cold Bath. Blistering also has been found serviceable, in some Women.

When the Fit is once off, in order to prevent its Return, continue to make use of proper Evacuations ; particularly bleed, as often as the State of the Body will permit ; and use lenient Purgatives, made of the Tincture of Hiera Picra and Elixir Proprietatis, as in the Chapter of the Green Sickness, *Page 101, 102.* A Whey Diet, together with the Use of the Cold Bath, continued for a Month or two, are excellent : And during all this Time, Glysters may be used between whiles, made according to the Form above, without any Mixture of more stimulating Ingredients. In sanguine Constitutions, the following Pills and Emulsion are almost infallible, if continued a proper Time.

Take Assa Fœtida, Camphire, Sugar of Lead, Matthews's Pills, of each one Dram ; Venice Turpentine,

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Turpentine, two Drams ; Syrup of Lemons, a sufficient Quantity to make a Mass. Divide each Dram into eight Pills, of which let the Patient take four every Morning, drinking after them a Draught of the Emulsion, which is thus made.

Take of the four greater Cold Seeds, of each two Drams ; Sweet Almonds rin'd, and white Poppy Seeds, of each one Ounce ; Barley Decoction, a Quart ; Sal Prunella, half an Ounce : Make an Emulsion, to which add Syrup of Lemons, two Ounces.

Or if Drops be more agreeable than Pills, they may be given with equal Success.

Take sweet Spirit of Nitre, two Drams ; Spirit of Hartshorn, Tinctures of Asa Fætida and Amber, of each one Dram : Let her take thirty Drops every four or five Hours, or oftener, in four Spoonfuls of the following Julep.

Take Syrup of Lemons, two Ounces ; White Wine, four Ounces ; Plantain Water, eight Ounces : Mix them together.

When this Disease proceeds from an over-large Dose of Cantharides, or any other Provocative Ingredients, the above Emulsion, with the Addition of an Ounce of Gum Arabic, being drank off pretty freely, is usually sufficient to effect a Cure.

But

But when it degenerates into a Madness, it must be treated accordingly, concerning which proper Advice should be had. However, if the Indisposition seem not to be desperate, the Friends of the Patient may themselves make trial of the following Means.

First, let the Head be shaved, and a due Quantity of Blood taken from the Jugular Vein: Then give half a Dram of Ipecacuanha for a Vomit: After which proceed to Purgatives, which may be thus made.

Take Sena Leaves, three Drams; black Hellebore Root, one Dram and a half; Agaric and Rhubarb, of each one Dram; sweet Fennel Seeds, one Dram; Salt of Tartar, half a Dram: Infuse them in a sufficient Quantity of Black Cherry Water for two Days: Then strain off, and to three Ounces of the Infusion, add six Drams of Syrup of Buckthorn, one Dram of compound Spirit of Lavender, Powder of Jalap, one Scruple. Let this be taken in a Morning early, and repeated once or twice a Week, according to the Exigency of the Case; repeating the Vomit between whiles, at least every eight or ten Days.

Blisters are good in all Madness; and if the Distemper be very obstinate, one may be apply'd all over the Scalp. But in case of great Weakness, instead of Purging, let the following Glyster be given every two or three Days.

Take

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Take common Glyster Decoction, twelve Ounces; Emetic Wine and Syrup of Buckthorn, of each half an Ounce; Oil of Rue, and Oil of Earth-worms, of each one Ounce and an half: Mix them together. The Ingredients may be lessened according to the Case.

Issues, perpetual Blisters, Cupping, Cephalic Snuffs, are all good in these Disorders. As are likewise the following Drops.

Take Tincture of black Hellebore, two Drams; Sal Volatile Oleosum, and compound Spirit of Lavender, of each one Dram: Let her take forty Drops three Times a Day, in Black Cherry-water, or any other proper Vehicle.

The following Powder is also good, taken in a Draught of the Emulsion above prescribed.

Take Salt of Nitre, and black Hellebore powder'd, of each two Drams; Volatile Salt of Amber, twelve Grains: Make twelve Papers, of which let the Patient take one every Morning and Evening.

But I shall not add any more on this Article of Madness, because when the *Furor Uterinus* is so violent as to occasion it, few Persons will trust to their own Management of their Daughters or Relations; nor indeed is it adviseable.

C H A P.

C H A P. IX.

Of the Fluor Albus, or Whites.

THIS Disease is a copious and continual Flowing of a thin white Humour, generally said to be from the Vessels about the Neck of the Womb, which naturally ouze out Matter, but in this Case too plentifully; but it is more probably supposed to be from the very same Vessels tho' which the Courses flow; for these, not properly closing after the menstruous Discharges are gone off, as they alway do when a Woman is in good Health, suffer a viscous or slimy Matter to be separated from the Blood thro' them, which coming away, nearly resembles a virulent Gonorrhea. It may also be caused by Falls, Sprains in the Back, Purging to excess, especially with Mercurials, and when the Body is weak and lax: Or it may be the Effects of a Venereal Infection, which, though cur'd, leaves the Glands and other Vessels in a relaxed State, which it is very difficult to repair.

The Whites come away sometimes in a large, and sometimes in a small Quantity, and it is observable, that the Running generally increases after violent Exercise, and that it is in greatest Plenty at about the Middle of the Time between the Monthly Periods: the Matter is very often of a good Consistence
entirely

entirely white, and comes away without Pain; but upon long Continuance its Colour proves variable, being sometimes white mixed with yellow, and at others of a thin waterish Consistence, greenish, and inclining to black; sharp, corrosive, of an ill Smell, occasioning Heat of Urine, and now and then Ulcers. It then causes great Weakness, especially in the Small of the Back and the Loins; a pale Colour in the Face, Faintness, Loathing of Food, Indigestion, Swelling of the Legs, Irregularity in the Courses. Sometimes it degenerates into a Consumption, or Dropsy, and proves mortal: At others, it causes incurable Barrenness. The Urine, under this Disorder, is generally viscid, thick, slimy, and sometimes appears as if small Threads were mixed with it: Nor does it settle so freely as in other Cases.

It has usually been thought difficult to distinguish the Whites from the Venereal Disease; and some Women, who have had bad Husbands, have labour'd under the latter for a long Time together, imagining it all the while to be only the former: Others have mistaken a Running, occasioned by an Ulcer in the Womb, for that Disease. Now as it is highly necessary every Woman should learn the Symptoms by which these are known and under, let it be observed, that whenever the Courses come down; the Whites always cease, and do not trouble the Patient again, 'till the Courses are over: Whereas a Venereal Running

ning remains constantly upon the Patient, and does not cease during the Monthly Discharges. It is also much less in Quantity than the Whites are. As to an Ulcer in the Womb, it is best known by the sharp and growing Pains that it occasions in the Womb, from the very Beginning of the Disease: Whereas in the Whites, tho' sometimes the Humour be so sharp as to cause great Pains, and even an Ulcer, yet this is not 'till after they have continued long enough on the Patient to be distinguished by their other Symptoms. The Matter that flows from an Ulcer is also frequently bloody, which the Whites never are.

Maids of a weakly Constitution are often afflicted with this Distemper, as well as married Women and Widows: And indeed there are few of the Fair Sex, especially that are any way sickly, but who have known it more or less, it being often occasioned by other Diseases: For whatever Disease renders the Blood poor, foul, or viscous, and reduces a Woman to a languid Condition, is commonly succeeded by the Whites; which, when they come in this manner, continue to weaken the Body more and more, and are in great Danger, without speedy Remedy, of wearing away the Patient, and making her a miserable Victim to Death. Let no Woman therefore neglect this Distemper, when she finds it on her, but endeavour to prevent it getting too much a Head.

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Some, indeed, have the Whites so very moderately at first, perhaps only at Intervals, that they perceive no remarkable Detriment therefrom, for two, three, or four Years; and are therefore apt to neglect them, as a mere Trifle: But the Disease is all this while gathering Strength, and unless prevented, will at last break out with double Violence, and will then become much more stubborn and hard to cure, than if taken in proper Time. Too many Women have known this, by fatal Experience: Tho' the Disease itself, when oppos'd in its Infancy, is neither dangerous nor difficult, unless the Constitution be extremely weak, or has been ruin'd by Venereal Infections, or hurt by Bruises, Strains, and the like.

The Diet, in the Cure of this Distemper, ought to be nourishing, and much the same with that prescribed in Consumptions; consisting of Broths, boiled with Shavings of Hartshorn, Tormentile Root, Bistort, Comfrey, Conserve of Red Roses, Ising-glass, Red Rose Flowers, Gum Arabic, Nutmegs, Mace, Cinnamon, and other strengthening and agglutinating Ingredients. Sago and Jellies are also serviceable in this Case, particularly that of Hartshorn. Some drink every morning, with very good Success, a Quarter of an Ounce of Ising-glass, dissolved in a pint of Milk, and sweetened with Sugar. Exercise should be moderate, and taken, as much as can be, in a warm and dry Air: And the Continuance

Continuance of this for some Time, with a Milk Diet, have been found prevalent, when other Means, tho' the best that could be made use of, have failed.

Bleeding ought here to be omitted, unless the Person be Plethoric, or her Monthly Courses are obstructed; for it is not proper to weaken her, who is already too weak. Purgatives, however, are held to be proper, but without Calomel; especially when the Disease is in its Infancy, and appears but in small Quantity. But when it is of long standing, and the Matter which flows is thin, discoloured, and of an ill Smell; if Ulcers are apprehended in the *Uterus*; if any Venereal Infection has preceded, and Part of the Virulence is still supposed to remain; Mercurials, and other Medicines suited to virulent Cases, are undeniably proper: And the Cure here differs little from the Cure of the Venereal Disease itself, only the Purges should not be too violent, nor the Calomel given in too large Doses.

In the former Case, when the Disease is young, the Flux small, and without any Venereal Mixture, there cannot be a more suitable and pleasant Cathartic than the following gentle Electuary; which may be taken every other Day for a Week, or more, according to the Patient's Discretion, about the Quantity of a large Nutmeg at a Time, drinking after it a little warm Tea, or Water-Gruel.

*Take Pulp of stew'd Prunes, two Ounces
Tamarinds and Cassia, of each half an Ounce*

Powder

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Powder of Rhubarb, two Drams; Syrup of Violets, a sufficient Quantity.

Some order a Vomit of Turpeth Mineral, but Ipecacuanha is better, especially if the Constitution be weak, to be taken between the Purges; and indeed it is generally found proper in all Cases, before the Use of Restrictants, to take a Vomit, in order to facilitate the Cure. The Dose of Ipecacuanha is *from ten Grains to two Scruples*, according to the Strength of the Patient.

After these Evacuations, the following *Bolus* may be given to great Advantage.

Take Powder of Rhubarb, half a Dram; Diascordium, one Dram; Liquid Laudanum, ten Drops; Powder of Cinnamon and Gum Tragacanth, of each half a Scruple; Syrup of Poppies, enough to make a Bolus. Repeat the Dose five or six Nights, or more, as Occasion may require, at going to Bed: And in the mean Time,

Take Conserve of Red Roses and Mithridate, of each half an Ounce; Armenian Bole, six Drams; fine Chalk, Powder of Dragon's Blood, and Japan Earth, of each two Drams; Species Diambrae, one Dram; Ginger, half a Dram; Mace and Gum Tragacanth, of each one Scruple; Cinnamon, half a Dram; Powder of Zedoary, one Dram; Syrup of Comfrey, enough to make an Electuary. Let the Quantity of a Nutmeg of

of this Balsamic, be taken twice a Day, in the Morning, and about five o'Clock in the Afternoon, drinking after it four or five Spoonfuls of the following Julep.

Take Mint and Black Cherry Waters, of each four Ounces; strong Cinnamon Water, three Ounces; Syrup of dry'd Roses, one Ounce; compound Spirit of Lavender, two Drams.

This Electuary and Julep should be continued after the Bolus, and 'till the Cure is perfected; which it will be usually in a Fortnight or three Weeks; but if it should be a Month or more, the Patient must wait contentedly, and not conclude the Remedies ineffectual, because their Effect is not instantly perceived so much as she could wish: I say, so much as she could wish, for if she observes carefully, she will find herself mend in a very few Days, tho' it may be many before she is perfectly cured. But it is thus in all Distempers proceeding from Weakness.

Another Balsamick Electuary.

Take Diascordium, Conserve of Oranges, and Venice Treacle, of each two Drams; Powder of Gum Tragacanth and Rhubarb, Troches of Amber, Cinnamon and Amber in Powder, of each one Dram; Gum Arabic, Coral, Preparation of Hartshorn, Blood-stone, and Dragon's Blood, of each one Dram and an half; Roche Alum, one Dram; Tormentile Root powder'd, two Drams; Syrup of Ginger, enough to make

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in Electuary. This Electuary is suied to the same Purpose as the preceding, to which it is not inferior. It should be taken in the same Quantity, twice in a Day, drinking after it a Draught of Tincture of Red Roses. If Pills should be thought more agreeable, the two following Forms are excellent.

Balsamic Pills for the Whites.

Take Gum Arabic, and Armenian Bole, of each two Drams; Yellow Resin, Powders of Cinnamon, fine Chalk, Japan Earth, Dragon's Blood, Rock Allum, and Rhubarb, of each one Dram and an half; Venice Turpentine, a sufficient Quantity to make Pills, ten out of each Dram. Let the Patient take four of these twice or thrice a Day, drinking after it a small Glass of Red Wine.

Another Sort.

Take Gum Tragacanth and Rhubarb, powdered, of each two Drams; astringent Saffron of Steel, Mastick, Blood-stone, Preparation of Hartshorn, red Coral, and Armenian Bole, of each two Drams; Oil of Cinnamon, ten Drops; Balsam of Peru, one Dram, Venetian Turpentine, enough to make a Mass for Pills. Divide every Dram into ten, and let five be taken twice a Day.

Chio Turpentine, alone, hath sometimes been given with Success in this Flux, especially when it has been continued a considerable

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erable Time: But the following Pills are better, and may be used in slight Cases, where they are preferr'd to either of the preceding.

Take Cinnamon and double-refin'd Sugar, in Powder, of each half an Ounce; Venice Turpentine, one Ounce; Liquorice Powder, enough to make a proper Consistence. Divide each Dram into eight Pills, and let five or six be taken every Morning, and again towards Evening. These, it will be observed, are more simple than the foregoing Sorts, and therefore may be more easily made for small Indispositions: But where the Disorder is greater, the agglutinant and absorbent Ingredients, in the other Compositions, are highly useful, and not to be rejected. They are received into the following Troches, or Lozenges, for those Women who shall desire that Form.

Take Red Coral, Japan Earth, Bole Armeniac, fine Chalk, Blood-stone, and Preparation of Hartshorn, of each half an Ounce; Powder of Gum Arabic, Gum Tragacanth, and Red Rose Flowers, of each one Dram; double refined Sugar, an Ounce and an half; Oils of Nutmegs, Cloves, and Cinnamon, of each five Drops; Mucilage of Quince Seeds, a sufficient Quantity to make Troches. Let every Troche weigh a Dram, and let one be dissolved in the Mouth as often as the Patient pleases, or finds it agreeable. A great many Women pre-

fer this Way of taking Remedies for the Whites, before either Electuaries, or Pills, because it has what they call less the Appearance of Physick, and consequently are less nauseous.

When the Disorder seems to proceed from a Wrench or Strain, it is proper to apply the following Plaister to the Small of the Back.

Take Oxycroceum, Rupture Plaister, and Red Lead Plaister, of each two Drams; Oil of Amber, one Scruple: Mix with a Spatula, or Knife, and spread them upon an oblong Piece of Leather, that may cover the Region of the Loins.

During the Indisposition, instead of small Beer, and other weak Liquors, the Patient will do well to use this for her common Drink.

Take Sassafras and Guaiacum Woods, of each four Ounces; Roots of Bistort, Tormentile, the larger Comfrey, Polypodium, and Zedoary, of each one Ounce and an half; Cinnamon, Ginger, and Winter's Bark, bruised, of each one Ounce: Boil them in five Gallons of new Wort till it comes to four; then strain, and add to the clear Decoction, Shavings of Hartshorn, Ivory, and red Saunders, of each one Ounce and an half; Ground Ivy and Agrimony, of each two Handfuls; Juice of Knot-Grass, Shepherd's Purse, Yarrow, and Scabious, of each a Pint and an half; Raisins of the Sun stoned, twelve Ounces: Make an Ale according to Art. This

is a most excellent Diet Drink, and to be preferr'd, perhaps, to any other in the Whites, when it can easily be made: But as it is pretty much loaded with Ingredients, some of which, the Juices especially, may not easily be come at, the Patient may substitute the following in its room.

Take Sassafras and Guaiacum Woods, of each four Ounces; Shavings of Hartshorn and Ivory, of each two Ounces; red Saunders, one Ounce: Boil them in five Quarts of Lime Water, 'till it comes to a Gallon, of which take half a Pint twice in a Day.

Or, if she likes it better, she may use this every Morning for Breakfast, instead of either of the Diet Drinks. The following Quantity is to be taken at once, if her Stomach will bear it: If not, she may lessen the Quantities of each Ingredient in due Proportion.

Take Gum Arabic, half an Ounce; Isinglass; two Drams, conserve of red Roses, one Ounce; Cinnamon bruised, one Dram; Cow's Milk, a Pint and an half: Boil 'till the whole comes to a Pint, which let her eat as common Food.

The following Drops likewise have been found helpful, and in many Cases, joined only with a proper Regimen, and one of the Diet Drinks, may effect a Cure.

Take Tincture of Japan Earth, and compound Spirit of Lavender, of each two Drams: Mix
and

and let her take thirty Drops at a Dose, three or four Times a Day, in a Glass of Red Wine. The Tincture of Japan Earth, into the Composition of which Cinnamon, Jesuits Bark, Musk, Ambergrise, Spirit of Wine, do all enter, as well as the Earth from which it takes its Name, is alone very efficacious in all Defluxions of the Belly and the lower Parts: And the compound Spirit of Lavender unites the Virtues of a great Number of Nervous Simples, which, joined with the other, cannot fail of doing great Service.

So much for the Cure of this Distemper in general, and when it is unattended with virulent Symptoms. I must now, according to my Method, say something of particular Circumstances and Constitutions. In leucophlegmatic and sickly Habits, where the Glands are obstructed, and want to be cleansed, Recourse must be had to the Medicines for a Jaundice-like Indisposition, prescribed in Page 104, &c. before the Patient proceeds to the Use of Restringtons, such as are prescrib'd in this Chapter; and when she comes to Restringtons, the others should be used alternately with them.

When any Venereal Infection has preceded the Whites, and some of its Effects are supposed still to remain, it is usual then to direct a long Course of Mercurials, and strong Cathartics, as in the Venereal Disease itself, tho' the Doses are order'd to be smaller. This Method is undoubtedly good in some Con-

stitutions that will bear it, and therefore I mention'd it in the Beginning of this Chapter: But these Constitutions will be far the lesser Part of those Women that are afflicted with the Whites. I would therefore rather advise, that when this happens to be the Case, the Patient would immediately apply to the *efficacious Drops, or powerful Elixir*, prescrib'd in Page 48, keeping exactly to the Directions there given: Only let her purge gently once in five or six Days with the Electuary at the Beginning of this Chapter, that the due Evacuations may not be interrupted. I have known this Method, alone, to cure an obstinate Running in either Sex, and believe it will seldom fail in any Venereal Case, if a proper Regimen be observ'd: Much more therefore may it be depended upon here, where at most there are only some slight Remains of a former Infection, or perhaps only a simple Gleet, occasioned by a Weakness contracted during the Use of Mercurials. The following *Balsam of many Virtues* is also admirable in this, as well as in many other Cases; it answering entirely to the Title which all the Learned have consented to bestow on it.

The *Balsam of many Virtues* is thus made.

Take two Pounds and an half of Spirits of Wine; infuse in it with a gentle Heat, and frequent stirring, twelve Ounces of Gum Guaiacum and lastly, add a Spoonful of Peruvian Balsam so that the whole may mix together in a proper Consistence

Consistence. The Dose of this Balsam is between twenty and thirty Drops, twice or thrice a Day, in a Glass of the Decoction above, Red Wine, or any other suitable Liquor. It must be continued for some time, as well as all other Remedies in old and obstinate Cases: Which single Condition being observed, the Patient need not question the Efficacy either of this Balsam, or of the Powerful Elixir before referr'd to, let her Situation be ever so deplorable.

When the Seat of the Whites may be reached by external Remedies, the following Injection has been frequently used. It is also good when there is Danger of the Parts growing ulcerous, which adds much to the Difficulty of the Cure.

Take Gentian Root, long Birthwort, Japan Earth, of each one Ounce; Myrrh, two Drams; Savin Leaves, and Flowers of Red Roses, of each a Handful: Boil them in Barley Decoction and Red Wine, of each twelve Ounces: When strained, add to twelve Ounces of the Liquor, Honey of Roses, and Tincture of Myrrh, of each two Ounces. Inject it luke-warm, twice in a Day, if the Case requires it.

One Thing more I shall observe, and with that conclude this Chapter; that which soever of the Remedies here prescrib'd the Patient may use, and whatsoever may be the particular Circumstances of her Case, she must by all Means avoid being too hasty in thinking
 G 4 herself

herself well, but continue her Course of Medicines for a Week or Fortnight after all the apparent Symptoms of her Disorder are gone off: By which Means she will effectually prevent a Relapse, which may otherwise happen; because Nature, in these Affairs, requires not only to be corrected and restored, where she was amiss, but strengthen'd and confirm'd in her proper and just Operations, which were before interrupted.

C H A P. X.

Of the Piles, Bloody Stools, &c.

I Observed in my Introduction, that I should not so confine myself to Indispositions purely Feminine, as not to touch upon several Kinds of Disorder, which are incident to the whole human Species, Men, as well as Women; because some of these are of such a Nature, that the fair Sex are more likely to conceal them than Men, and may therefore suffer worse Consequences from them. The Piles are one of the Diseases common to both Sexes, but which have been most grievous to the Fair, thro' their Backwardness to acquaint any Physician, or skilful Friend with their Complaint.

The Hæmorrhoids, or Piles, are a painful Swelling in the lower Part of the great Gut, usually appearing externally in the Fundament.

ment. They return periodically in some People, in others only accidentally.

This Disease may be caused by a Distension of the Hæmorrhoidal Vessels, either from high Living, an over-charged Habit of Body, or a too rich and fizy Blood; or else from Old Age, Weakness, or a Blood that is depauperated, rendered too watry, and apt to stagnate in the Vessels. Costiveness also is frequently the Occasion of it; and so is the Stoppage of any other natural Evacuation, particularly of the Monthly Courses: In short, whatsoever may occasion the Blood to stagnate in the Hæmorrhoidal Vessels, and stretch them beyond their proper Tone.

Sometimes the Piles are internal, and cause great Pain at going to Stool; especially if the Excrements be any Way harden'd, so as to press hard in the Passage; for then the Swelling usually appears outwardly, and Blood is voided with the Excrements. When they are thus external, the Touching of them, or even sitting down without a Cushion, is extremely painful; but chiefly so after going to Stool. They vary in Magnitude, Figure, and Colour: Some are hard; others, soft; and they often bleed plentifully, and then grow more easy.

They are seldom dangerous, unless when they inflame, and threaten a Gangrene, or Mortification. When they bleed, they are thought conducive to Health; especially if the Time be critical, and they happen upon

the Stoppage of any other Evacuation. If they corrupt, or become ulcerous, they often occasion a Fistula.

If they proceed from high Living, or a thick and sily Blood, let the Diet of the Patient be thin and moderate, consisting chiefly of Whey, Gruels, Broths, and the like. If they are occasioned by a Blood that is depauperated, that is, render'd poor, or from Old Age, or a weakly Constitution, let the Diet be balsamic and nourishing. If Costiveness be the Cause of them, let the Food be opening, and let the Patient avoid all inflammatory or spirituous Liquors. These Regulations being observed, the Cure may be thus effected.

When the Pain is violent, and the Distemper caused by any Excess, or by an Obstruction of the Monthly Courses, or by their stopping before due Time; or, lastly, by sily and viscid Blood; in these Cases, let a large Quantity of Blood be taken away. Afterwards, the following Composition, used either by Way of Fomentation, or by Way of Vapour, that is, sitting over it hot on a Close-stool, will prove of excellent Service, and generally effect a Cure alone.

Take Leaves of Marsh Mallows and common Mallows, Sweet Marjoram and Elder Flowers, Melilot and Camomile, of each two Handfuls; white Poppy-heads, bruised, four Ounces; Juniper and Laurel Berries, Hemp Seeds and Fenugreek

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Fenugreek Seeds, of each one Dram; boil them in a sufficient Quantity of Cows Milk and Spring Water, of each alike: When strain'd, add to a Gallon of the Decoction, four Ounces of Oil of Turpentine, one Ounce of Oil of Amber; Opium and Camphire, of each two Drams; Spirit of Wine, half a Pint: Mix.

The same Ingredients that were boil'd, being bruised together, will serve for a very proper Poultice, and may be applied after the Use of the Fomentation or Vapour.

A Vapour of Milk and Honey boiled together, or a Fumigation of Sulphur alone, will sometimes answer the same End as the foregoing: And a Poultice may be then made in a more concise manner; as thus:

Take Yolks of Eggs, boiled hard, Number four; Oil of Amber, two Scruples; Linseed Oil, a sufficient Quantity to make a proper Consistence.

When the Piles are inwardly, and the Patient is costive, inject the following Glyster; but omit the Lenitive Electuary and Syrup of Roses, where there is no Costiveness.

Take Marsh-mallow Roots, Seeds of Hemp and Fenugreek, of each half an Ounce; Leaves of common Mallows, Camomile and Elder Flowers, of each an handful; Gum Arabic, half an Ounce; Gum Tragacanth, half a Dram: Boil them in a sufficient Quantity of Spring Water to cover them: To twelve Ounces of the strain'd Decoction,

Decoction, add Lenitive Electuary, six Drams; Saffron and Camphire, of each one Dram; Opium, four Grains; Solutive Syrup of Roses, Oil of Roses, and Canary Wine, of each two Ounces. Repeat the Injection as Occasion may require.

The following Ointment is proper, either in the internal or external Piles: But when used for the former, let it be put up the Fundament with a Dossil of Lint, and the Application renewed two or three Times a Day.

Take white Ointment, with Ointment of Poplar Buds and Elder, of each half an Ounce; Sugar of Lead and Saffron, of each two Scruples; Camphire and Opium, of each half a Dram; the White of one Egg; Balsam of Sulphur and camphorated Spirit of Wine, of each half an Ounce. Mix them well together.

Or this,

Take Ointment of Poplar Buds, and Oil of Roses, of each an Ounce; Plaister of Red Lead half an Ounce: Dissolve them, and add Ethiop Mineral and Calomel, of each two Drams; Opium, Camphire, and Oil of Box, of each one Dram.

Or this, which is yet more simple.

Take Spirit of Turpentine, and Balsam of Sulphur, of each one Ounce; Opium, two Grains. Mix. Either of these Ointments is extremely well contrived, and much preferable to the

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common Ointment of Marsh-mallows, tho' that also has been found serviceable.

The following Cere-Cloth also has its Use, but seems not so convenient for the Part as Things that may more easily be remov'd and changed.

Take Plaister of Red Lead, and Oil of Sweet Almonds, of each one Ounce; Saffron and Opium, of each half a Dram; Camphire, one Scruple; Balsam of Sulphur with Aniseed, Balsam of Peru, and Oil of Amber, of each twelve Drops: Mix them well.

When the Swelling is very hard, the *Mucilage*, or *compound Diachylon Plaister*, with or without Mercurials, is deemed very good: But the Addition of Camphire mends it; thus:

Take Mucilage Plaister, half an Ounce; Calomel, two Drams; Camphire, two Scruples: Mix, and spread them upon Linen Cloth, to be applied to the Part affected.

If the Pain, Swelling, and Evacuation of Blood continue, notwithstanding all outward Means, it will be proper to apply two Leeches to the Part, in order to unload the over-burthened Vessels: After which, the Patient must have Recourse to internal Remedies, such as these..

Take Flowers of Sulphur, one Dram and an half; drink it in a Morning fasting, in Milk or Whey, for fourteen Days together.

Or,

Or,

Take Manna and Cream of Tartar, of each half an Ounce; Water-gruel, enough for a Draught. To be taken as the former.

But if the Patient be costive, easy Cathartics must be intermix'd; as thus:

Take Lenitive Electuary, two Ounces; Cream of Tartar, and Milk of Sulphur, of each six Drams; Oil of Aniseed, six Drops; Solutive Syrup of Roses, enough to make an Electuary. Let the Quantity of a Nutmeg be taken every Morning 'till the Cure is effected.

Or,

Take Decoction of Sena, three Ounces; Gum Arabic, two Drams; Solutive Syrup of Roses and Manna, of each six Drams; Sal Volatile Oleosum, half a Dram: Mix for a Draught. To be taken as the former, by those who prefer a Draught, in the Morning early.

Or,

Take Sena Leaves and Gum Arabic, of each half an Ounce; Liquorice Root, six Drams; Marsh-mallow Leaves, one Handful: Pour on them boiling Water in the manner of Tea. This may be drunk at Pleasure, or as often as the Case requires.

If the Disease proceed from low Living, and a Poorness of the Blood, and especially if

If it happen in Old Age, a little generous Wine and other Cordial Liquors should be allowed, together with a nourishing Diet. Steel Medicines also, like those in the Chapter on hysteric Diseases, are good to enrich the Blood. And when the Piles are occasioned by a Suppression of the Courses, Reason will dictate, that the best Method is to promote them, provided the Woman be not pregnant; for which see the Chapter on Suppressions.

But Women with Child are very subject to the Piles, occasioned by a Pressure of the Child upon the Vessels, or by the Vessels being over-charged thro' a Suppression of the Terms. In this Case, as Emmenagogue Medicines are dangerous, a different Course must be taken. The Piles, at this Time, may indeed be serviceable, if they bleed moderately, and happen just upon the Suppression of the Monthly Discharges: But if the Flux be violent, and attended with great Pain and Swelling of the Parts, they may chance to cause Abortion, or greatly weaken the Child, and render it sickly. On this account, a particular Regimen is absolutely necessary, which we shall treat of in a following Chapter, entitled, *Of the Diseases of pregnant Women*.

There is sometimes an immoderate Flux of Blood from the hæmorrhoidal Vessels, which discolours all the Excrements, without that Swelling called the *Piles*, tho' proceeding from much the same Causes. This Discharge

charge continuing too long, or in too great Quantity, is attended with Decay of Strength, and a Paleness of the Face, succeeded by a Yellowness, resembling the Jaundice. In full Habits indeed, these Symptoms are not instantly perceived, the Patient growing more sprightly for this Discharge; but Dulness, and the other Symptoms, soon succeed. Upon Bleeding, if this Disease comes from a Thinness of the Blood, that which is extracted appears too fluid, and the wheyish Part is too much in Proportion for the Sediment: But when a Plethora occasions it, the extracted Blood appears thick and black. Thin, consumptive Constitutions are the most subject to this Flux; which must necessarily be attended with greater or less Danger, according to the Strength of the Patient, the Cause from which it proceeds, and, above all, from the Time it continues.

As to the Diet in general, it may be regulated by what has already been said concerning the Piles, where the Constitution of the Patient, &c. are considered. Bleeding here is indisputably necessary, unless the Person be weak, and the Blood very poor. The Body must be constantly kept open, because Costiveness is prejudicial to the Parts themselves: But too great a Laxativeness must also be prevented: Therefore the following is very good.

Take

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Take Powder of Rhubarb, two Drams ; Diascordium, one Dram, Syrup of Poppies, a sufficient Quantity to make a Bolus. To be taken at going to Bed.

Milk of Sulphur is here of great Service ; it may be taken to the Quantity of *two or three Drams*, once or twice a Day, in Milk. Opiates also are excellent, both to procure Rest, and assuage the Pain that attends this Disorder. The following Powders likewise may be taken three times a Day, either in Claret or Milk.

Take Mastich, Dragon's Blood, Armenian Bole, Gum Arabic, of each half a Dram ; Sugar of Lead, ten Grains : Mix, and make a Powder. Divide it into three Papers, for one Day. The same Powders might also be made into Bolus's with Diascordium, or Syrup of Quinces. External Applications also are proper in this Distemper, particularly the following restringent Fomentation, Glyster, and Glands.

The Restringent Fomentation.

Take Bistort and Tormentile Root, and Galls, of each three Ounces ; Leaves of Plantain, Cowslip, and Mallows, with Camomile Flowers, of each two Handfuls ; Red Roses, one Ounce ; Pomegranate Peel, half an Ounce ; Balaustine Flowers, six Drams : Boil them in so much Spring Water, that a Gallon may be strained out ;

out ; to which add, best Vinegar and red Wine, of each a Pint ; Alum, two Ounces ; Sugar of Lead, half an Ounce : Make a Fomentation. It may be used also as a Vapour on a Close-stool, heating it afresh, two or three Times a Day.

The Restraining Glyster.

Take Galls bruised, one Ounce ; Bistort Root, Pomegranate Bark, and Balaustine Flowers, of each two Drams : Boil them in Tincture of red Roses, a Pint, 'till you can strain off but half a Pint : Then add the Yolk of one Egg ; Diascordium, two Drams ; Sugar of Lead, two Scruples ; Liquid Laudanum, sixty Drops : Mix them well. Inject as Occasion may require.

The Restraining Glands.

Take red Roses powder'd, Mastich, Dragon's Blood, Gum Tragacanth, and Armenian Bole, of each two Drams ; Sugar of Lead, one Dram ; best Honey, or Diascordium, a sufficient Quantity to make a proper Consistence. Divide it into four Glands, or Pessaries, to be put singly up the Fundament at convenient Intervals. If the Pain and Uneasiness be so great as to require it, three Grains of Opium may be added to each Gland.

The Patient may use which shall be most agreeable of these three external Medicines or omit them all if it be found convenient and the Cure can be otherwise effected.

C H A P. XI.

Disorders of the Womb and Fundament : Relaxations, Inflammations, Swellings and Ulcers, Gangrenes and Mortifications.

WHEN the Ligaments of the Womb are relaxed, there ensue, or are supposed to ensue, three different Disorders of the Part, a Bearing-down, a Falling-down, and a Perversion or Turning. It is much questioned indeed, whether either of the two latter do in reality happen, because it would be hardly possible for a Woman to live in such Circumstances: But as these Names are taken from different Appearances, resembling what they seem to express, Physicians have continued the Use of them, in Conformity to the received Opinion.

A *Bearing-down* of the Womb is its falling into the Vagina, or Neck, so that its Orifice may be readily perceiv'd by the Finger within, or sometimes by the Eye without the Lips of the Privities. A *Prolapsion*, or *Falling-down*, is when the Womb descends, or seems to descend so low, as to hang without the Lips; but in such a manner, that no more of the Inside than the Orifice is visible to the Eye. A *Perversion*, or *Turning* of the Womb, is when it falls without the Lips, and at the same time

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is turned inside outwards, and hangs pendulous downwards like a fleshy Bag, with a rugged unequal Surface. Whether it be really the Womb, or only the Vagina itself, that appears in these Positions, it is not material here to examine, since the Symptoms and Methods of Cure are equally the same: I will only take notice, that tho' a simple Relaxation, or Bearing-down, may happen to Women in all Circumstances, yet a true Prolapsion, or what is taken for it, seldom appears, and a Peverision never, but upon Delivery, or immediately after.

These Disorders may proceed from violent Motions, Falls, vehement Coughing, Sneezing, or a long Continuation either of the Courses or Whites, especially when Women are in Years. They appear most frequent in Women with Child, from the Weight of the Foetus, that presses and bears hard upon the Womb; but especially if the Infant be dead, or lies in a wrong Posture, or when it has been violently extracted. They may likewise happen when the Secundines adhere closely to the Womb; or proceed from Moles and false Conception, or from violent Throws in the Time of Delivery. Riding, Leaping, Dancing, excessive Venery, or whatever else agitates the Body beyond Measure, may likewise be the Cause of this Distemper.

A Bearing-down is known by a great Weight pressing towards the *Pudendum*, when the Woman stands upright. The Pain

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very violent upon sitting still, or going to Stool; especially about the Region of the *Os Pubis* and *Os Sacrum*; and this in proportion to the Degree of the Disorder. The Urine comes away with Difficulty, and a smarting Pain; a bloody Moisture ouzes thro' the Part that bears down, which may be seen, or felt with the Finger.

A common Relaxation, or simple Bearing-down, is seldom dangerous; tho' it is chiefly so to Women with Child, who are cured with more Difficulty than others, and sometimes suffer Convulsions, or Fevers, which may terminate in Death. A Prolapsion is attended with Danger, if not speedily re-placed; the Part being apt to mortify. A Perversion is yet more dangerous, for the same Reason. The Patient being young, and the Relaxation fresh, make the Cure much easier than it might otherwise be, provided she be not pregnant at the Time. If there be any such Thing as an entire Rupture of the Ligaments, so that the Womb has nothing to hold it when re-placed, the Case must then be incurable. But Women need not terrify themselves with the Apprehension of this, because it is hardly believ'd ever to happen.

The Patient, in all Relaxations, ought to avoid violent Motion, indulge Rest, and lie on her Back as much as possible, especially if she be with Child. Coughing and sneezing should be prevented as much as can be. The Weight of the Child ought to be supported

supported by a large Bandage, or Swathe, tied about the lower Part of the Belly. Let her Drink be Red Wine and Water, Mum, Spruce Beer, Coffee, and the like; her Diet of a strengthening Nature, and not too liquid.

In Case of a simple Bearing-down, if the Person be lethoric, let her bleed; especially if she be any Time gone with Child. After which restraining Injections may be used to Advantage, such as the following.

Take Red Rose Flowers, Balaustines, and Pomegranate Peels, of each two Drams; Myrrh, one Dram: Infuse and boil them in twelve Ounces of Red Wine 'till it comes to eight.

If the Patient be costive, a gentle Glyster may be also given; but should not be often repeated, without great Necessity. As to internal Remedies, they must be chiefly of the restraining Kind, such as the corroborating Electuary in *Page 28*, or the restraining Electuaries in *Page 36*, which may be taken according to the Directions there given; observing only to purge once before the Course, with a Dose of the solutive Electuary in *Page 34*. or the Cathartick Pills in *Page 25*. The Medicines also for an immoderate Flux of Blood with the Stools, as prescribed in *Page 137*. are here very good. We leave the Patient to her Choice of these, which she may regulate by the Circumstances of her Case, and her own Inclinations.

Fomen-

Fomentations and Vapours have also been found serviceable in this Distemper, for which I recommend the Patient to the restraining Fomentation at the End of the preceding Chapter, *Page 137.* referring to the Directions there given: To which I only add, that when the Patient is fomented, it will be proper for her to lie flat and still: And after the Fomentation is over, let a Flannel Cloth dipp'd in the hot Liquor, and wrung out, be bound about the lower Parts, and kept there till they are fomented again; which should be once in twelve Hours at the farthest, for several Days together.

When there is a Prolapsion, or real hanging out of the Part, it must immediately be re-placed by a gentle Hand, and with the utmost Care. If the Part be swelled or inflamed, foment it with a little of the fore-mention'd Fomentation, or only Red Wine heated if the other be not at hand: Then with a soft, fine Linen Rag, let it be put up; the Patient all the Time lying on her back, with her Hips raised somewhat high. After it is re-placed, let her keep her Bed for some Days, her Hips being all the Time elevated, and her Legs kept across, or joined together: During which Time, and after it, if there be Occasion, it will be proper to wear a Pessary, made of Cork, with a Hole in the middle, which may give Passage to the Urine: or a Piece of fine Flannel may be wrapp'd up round, and dipp'd in the Fomentation for the same

same purpose ; but this will require to be removed upon the necessary Evacuations.

When a Prolapsion seems to be occasioned by a long Continuance of the Whites, it must be treated with due Regard thereto, in the Manner mention'd in the Chapter concerning that Distemper. The following Fume, in this Case, may be of excellent Service ; as well as in the Whites themselves, when there is no Prolapsion. It must be burnt upon a Chaffing-Dish of Coals, under a Close-stool, or a Chair with a Hole in it, upon which the Patient must sit.

Take Guaiacum, Mastich, Frankincense, Gums of Juniper, Benjamin, and Olibanum, of each half an Ounce ; Aloes Wood, red Rose Flowers, and Rose Wood, of each six Drams ; native Cinnabar, one Ounce : Make a coarse Powder. Burn of this three Drams at a time, every Morning and Evening, till the Cure be effected.

Here likewise the Use of Astringents must be continued for some time, along with a Decoction of Guaiacum Wood, in Spring Water : Or, instead thereof, a small Quantity of the Gum of that Wood may be dissolved, and used to considerable Advantage, every Night going to Bed.

If a Perversion of the Womb should happen, the Part must be immediately replaced, as in a Prolapsion : After which, a like Course of restringent Medicines must be exhibited for

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For a considerable time, with all possible Advantages of Rest and Posture, as before directed. In this Case also, there should be a proper Bandage for the whole Abdomen, or lower Belly, with a convenient Truss, to keep up the Part in its proper Situation; great Caution being used, lest by straining or otherwise, it should be again forced from its natural Seat.

I shall mention one other Fume, of approved Use in all these Cases; Medicines in this Form being usually the most successful here: For as Persons under these Disorders are generally too squeamish or too prejudiced to make use of any other Sort; these are always easily administered, and hardly fail of being very beneficial.

Take Myrrh, Mastick, Cinnamon, and Spikeard, of each a Dram; Mint and Red Roses, of each two Drams; Cloves, Zedoary, and Pimento, of each half a Dram: Make them all into a gross Powder. This may be used at twice, in the Morning and the Evening; repeating the same every Day so long as the Case requires. It has been found, that theumes from hot Aromatic Liquors, which are sometimes prescribed for the same Purposes, are not so efficacious as these which arise from the Burning of dry Ingredients; because their Moisture prevents their being immediately restringent.

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Sometimes, from a particular Weakness of the Part, the great Gut, or Rectum, descends lower in going to Stool than it ought; at which Time the Patient is sensible of a Pressure, or Bearing-down. This Disease is frequent in Children, who have been subject to a Looseness, or violent Fits of Crying: As also to weak Women.

If it proceed from a natural Weakness, or if the Spinster Muscle, which lies near the outer Orifice of the Part, in order to contract it, be paralytic, the Cure is somewhat difficult; otherwise it is more easy and certain.

The Diet should be nourishing and cordial in this Case. Red Wine, and other astringent Liquors, may be moderately drank.

If it proceed from Costiveness, a gentle Purge, such as the Solutive Electuary before directed to in this Chapter, in order to keep the Body open. Then Recourse must be had to Fumes, as in the Bearing-down of the Womb. The following is good:

Take Pomegranate Peels, Tormentile, and Bistort, of each half an Ounce; Balaustine and Red Rose Flowers, of each two Drams; Red Sanders and Aloes Wood, of each one Dram: Boil them in a Quart of red Wine, 'till it comes to a Pint and an half. Let this be used by way of Vapour, according to the Directions in the foregoing Cases: Or a small thick Compress may be dipp'd in it, and apply'd warm now and then, to the Part, with a proper Bandage.

Bandage. This, perhaps, may be more agreeable to the Patient, than burning the same Ingredients dry: Tho' that must be try'd, if the Vapour fails. And indeed, I would advise every Patient, in desperate Cases, to try the most effectual Method first; which is, by reducing all the Drugs to Powder, and burning them as in the former Fumes: Or, by putting the Powder into a Linnen Rag, dipped in hot Compound Spirit of Lavender, and applying it to the Part.

But if the Sphincter be paralytic, which is discover'd by its moving and contracting involuntarily, let a Decoction of *Cloves, Mace, Cinnamon, lesser Cardamom Seeds, compound Spirit of Lavender, and Hungary Water*, in Quantities proportioned to the other Ingredients, be added to the Vapour, or the Powders of the dry Drugs to the Fume.

When the Weakness lies high, and especially if there be a Looseness, the following Glyster may be successfully injected.

Take Diascordium, two Drams; Canary and Red Wine, of each three Ounces: Mix.

When the Weakness is of long standing, and occasion'd by a Looseness, or violent straining; then, besides the Fomentation, Remedies must be had to the Cause, by using aromatic and restringent Medicines, internally, in the Bearing-down of the Womb. *Rhubarb* in this Case is very good; as is also *Infusure of Japan Earth*, taken about two or

three Spoonfuls at a Time, in a Glass of red Wine. This alone, repeated twice a Day, is often sufficient to effect a Cure; and is never used, but it proves serviceable.

The following likewise is very good.

Take Diascordium, one Dram; Oil of Cinnamon, two Drops: Mix for a Dose. This may be taken at going to bed, in what Form the Patient pleases.

Sometimes the Rectum, or Fundament, comes down so low as to require external Assistance to put it up again. This may proceed from the same Cause as the Piles; and if it be not soon reduced, is a very dangerous Case, the Gut being apt to swell and mortify, when exposed long in the Air. Children are the oftenest subject to this, especially when they are very peevish, or subject to a Looseness; there being no other essential Difference, but the Degree of the Disorder, between an actual Falling-down of the Fundament, and the more moderate Protrusion of which I have been speaking.

Great Care must here be had of the Diet, that it be nourishing, restraining, and balsamic, such as is directed in the Chapter concerning the Whites.

If the Gut be swelled, foment it with warm Milk; if it be discoloured, use red Wine for the same Purpose: When a Mortification is apprehended, foment it with Spirit of Wine.

Then

Then let it be gently put up with the Fingers, they being dipt in Oil for that Purpose. After which, make a Compress, and dip it in red Wine ; which bind on with a convenient Bandage. And take great Care that the Patient be kept for some Time in an easy Posture.

When there is a Looseness, or extraordinary Weakness of the Part, a Piece of Past-board, or a Paper Truss, may be contrived to bind over the Compress, to prevent a Relapse.

The following Fume may be effectual in the worst Cases of this Kind. It is to be used like the others in this Chapter, and is good also in a Prolapsion of the Womb ; as what is there prescribed may be serviceable in the present Case, there being a great Similitude in these Disorders.

Take Frankincense, Mastick, Amber, and Cloves, of each one Dram ; red Rose Leaves and Balaustines, of each two Drains : Make them into a gross Powder, which use at twice.

The Womb, the Neck of the Womb, the Lips of the Privities, sometimes happen to be inflamed, from an Obstruction of the Circulation of the Blood in those Parts, or from a Rupture, or the eating of a sharp Humour, proceeding from an over-charged Habit of Body, a Weakness of the Parts, catching Cold during the Time of the Discharges,

the internal Use of Cantharides, and many other Causes of the like nature. It may be occasion'd also by Hurts or Contusions of the Parts, hard Labours, Injuries receiv'd in Delivery, the Pressure of the Foetus in Pregnancy, retaining the Child-bed Purgations, or any sort of over-straining in venereal Embraces, or otherwise.

These Inflammations are usually attended with a Swelling, Heat, Pain, Suppression of Urine, a Fever, Difficulty of Respiration, a Vomiting, and the Hiccup. If it proceed from an Obstruction of the monthly Courses, an ill-scented Moisture is usually discharged upon the Part; and, upon Inspection, sometimes a Redness and Tumefaction may be observed about the Neck or Sheath of the Womb, or about its Orifice. If it proceed from a hard and difficult Labour, most of the Symptoms before-mention'd appear in a greater Degree; with an Inflammation, or Swelling of the whole Abdomen or lower Belly; upon which Convulsions frequently follow, and prove mortal.

Inflammations in the external Parts of the Privities, or in the Vagina, are not so dangerous as those of the Womb itself; and if they proceed from violent Exercises, or a full Habit of Body, less dangerous than when from Blows, Bruises, or difficult Labour; the Consequences thereof in these latter Cases, if not timely remedied, being either a hard stubborn Swelling, or even
Death

Death itself, especially when attended with Convulsions, Hiccups, cold Sweats, and Coldness of the Extremities.

A slender and thin Diet, of a perspirative Nature, consisting of Broths, Gruels, Panada, and the like, is here thought the most proper. Flesh-Meat is not to be allow'd, or but seldom, and such only as is of easy Digestion; as Chickens, Veal, Lamb; which should also be boiled rather than roasted. Exercise is hardly allowable in these inflammatory Cases; and the more the Patient keeps her Bed, the better. Too much Sleep is here preferable to too little. Malt Liquors are absolutely improper, and Wine is allowable only in small Quantities.

Bleeding appears to be a proper Thing in all Inflammations of the Womb, and Parts adjacent; and the Quantity of Blood extracted on these Occasions, may be somewhat larger than is usually taken away, especially if the menstrual Flux be obstructed.

Gentle Purges, after Bleeding, may prove serviceable: So likewise may cooling Emulsions, and Draughts prepared with Gum Arabic, Salt Prunel, Lemon Juice, Spirit of sweet Nitre, and the like; which should be drank of plentifully. In the mean Time, Injections and Lotions ought not to be omitted.

An Injection may be thus prepared.

Take Barley Decoction, half a Pint; Gum Arabic, half an Ounce; Mallows, one Handful:

Useful: Boil them a short Time; then strain, and add Tincture of Myrrh and camphorated Spirit of Wine, of each one Ounce; white Troches of Rhasis, three Drams; Opium, one Scruple: Mix, and inject with a proper Instrument.

A Lotion thus :

Take Plantain Water and Lime Water, of each half a Pint; Mel Rosatum, two Ounces: Mix, and wash the external Parts with it frequently, with a Piece of fine Linen dipp'd therein.

If Ointments, in their natural Form, can be immediately apply'd to the Seat of the Distemper; as it may when it lies in the Lips, or outward Part of the Vagina; then the following may take Place both of Injections and Lotions.

Take Ointment of Pomphalyx, white camphorated and red drying Ointments, and Ointment of Tutty, of each one Ounce; Camphire, two Drams; Opium, one Dram; Lapis Calaminaris, half an Ounce: Mix into an Ointment. Let a little of this, between whiles, be apply'd to the inflamed Part with the Finger.

When there is no Rawness, but the Skin remains entire on the Part inflamed, the following Fomentation will prove serviceable.

Take

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Take Cow's Milk, four Ounces ; camphorated Spirit of Wine, Tincture of Saffron, and liquid Laudanum, of each half an Ounce : Mix. Let this be applied warm with Linen Cloths, according to the usual Method of fomenting.

It commonly happens in this Case, that perspirative Remedies are more serviceable, and less dangerous or painful than those of a repelling Nature : For which Reason the Fomentation, Injection, and Ointment, are here charged with warm Ingredients, instead of consisting wholly of refrigerating ones. The same Rule should be observed in all external Medicines for this Distemper, if any other Forms should be found needful.

In order to cause a Revulsion of Humours from the afflicted Part, it will sometimes be convenient to give a gentle vomit, and repeat it twice or thrice at proper Intervals. For this Purpose, a Dose of emetic Wine, or Ipecacuanha is very proper. In case of great Uneasiness, and want of Rest, a Dose of the Anodyne Balsam, in Page 45, may be given. And if there be Occasion for detensive and healing Medicines, as in the Case of Suppuration, the following Terebinthinate Mixture, or Pills may be made use of.

The Terebinthinate Mixture.

Take Chios Turpentine, half an Ounce ; Balsam of Tolu, two Drams ; the Yolk of one Egg ; small Cinnamon Water and white Wine,
off

of each three Ounces ; Syrup of Saffron, one Ounce : Mix. Let two Spoonfuls of this be taken three times a Day, till the Cure is effected.

The Terebinthinate Pills.

Take Chies Turpentine, half an Ounce ; Mastich, Storax, Myrrh, and Gum Elemi ; of each one Dram ; Balsam of Peru, half a Dram ; Saffron, one Scruple : Make a Mass. Take half a Dram at a Dose, three or four times a Day, divided into as many Pills as the Patient thinks proper.

When the Disorder proceeds from a difficult Labour, warm White Wine, or Milk, with a little Spirit of Wine, may be injected occasionally. But when the Childbed Purgations are stopp'd, their Flux must be promoted, according to the Directions in the Chapter concerning the Lochia.

When the Glands of the Womb are so swelled, as that their Substance is preternaturally augmented, it is call'd a *Scirrhus Tumor* : And if this Scirrhus Tumor happens to suppurate, it is generally term'd a *cancerous Ulcer*. This Disorder may be occasion'd by the same Cause as a Scirrhusity in the Liver, or any other glandulous Part : But, in particular, it may proceed from a Suppression of the Courses, or Childbed Purgations, from Moles or false Conception, from a hard Labour, or from a Violence done the Womb in extracting the Child.

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The Signs of a Scirrhus Tumor in the Womb are, a Hardness and Resistance in the Region thereof, with a Sense of Weight, as tho' the Womb were going to fall down into the Privities; which is chiefly observable when the Patient stands upright: But upon sitting, or lying, the Weight presses upon the *Intestinum Rectum*, or great Gut. This is generally without a Fever, or any extreme Pain; which distinguishes it from an Inflammation of the same Part. If it proceed from Obstructions, it is known by the Symptoms that precede and accompany it. When it affects the Neck of the Womb, that Part will be increased in Bulk, and feel hard to the Touch: And when it has seized the Bottom of the Womb, it may be felt by pressing the Hand upon the Region of the Os Pubis. In a Mole, if the Courses flow at all, it is very irregularly; the Breasts swell, and sometimes contain Milk: A Scirrhus Tumor therefore is distinguished from it by this, that if the Courses flow here, they flow regularly, and at their usual Periods, and the Breasts are usually less than ordinary. When this Tumor is inclinable to degenerate into a Cancer, or Ulcer, the Pain augments, grows acute, sharp, and pricking: And if the Tumor be in the Neck of the Womb, it appears unequal, not unlike a Cluster of Grapes, and of a livid, or black Colour; the Veins surrounding it are blackish, swell'd, and appear as so many Roots proceeding from it; and lastly, when it suppurates, or turns into

a cancerous Ulcer, it ouzes out a sanious Matter, of a brown or blackish Colour, very ill-scented, not unfrequently thick, or mixed with Blood: And sometimes if any of the larger Vessels should be corroded, such a Quantity of Blood flows, as endangers the Person's Life. To these Symptoms may be added, a lurking Fever, Uneasiness of Mind, or Loathing, Heat in the Privities, and Sharpness of Urine. It is observable, that these Cancers often happen after the Time of Child-bearing, and that of the Monthly Courses is quite over.

All Scirrhus Tumors are of difficult Cure, and so much the more so as they are large, hard, and of long standing, join'd with a scrophulous Constitution. The Event of them is always uncertain. Cancers in the Womb have been held incurable, because of the continued Discharge of viscid Humours on the Part: But the contrary is probable, from some Instances; and many have lived long under a Scirrhusity, and seem'd, at last, to owe their Death to other Causes.

A slender Diet is the most proper in these Cases. All spirituous and strong Liquors, especially those brew'd with Malt, are thought hurtful. A Diet Drink may be made for common Use with Guaiacum, Red Sanders, and Sassafras Woods; these being all of a drying Nature, and very helpful. If Flesh Meat be eaten, let it be of the most light Sorts, and easy of Digestion.

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When the Patient is plethoric, her Courses suppressed, or have lately left her entirely, it is proper to begin the Cure with Bleeding; and afterwards to purge gently, as in the fore-mentioned Cases.

If the Disorder prove obstinate, it may be proper to take a Vomit or two of Turpeth Mineral, to make a Revulsion of the Humours. And during the Use of such Means, if the Pain be violent, it may be appeased by taking the Anodyne Balsam mentioned in *Page 45*, according to the Directions there given, and continuing it, at Intervals, all the Time that she is either purging or vomiting.

When the Tumor comes to a Suppuration, and turns to an Ulcer, it may be cleansed and healed with the following Injection, repeated two or three Times a Day: Observing however, all the Time the Cure is in Hand, to purge, or take a Vomit, once in four or five Days.

Take Barley Decoction, a Pint; Terebintinate Balsam of Sulphur, Balsam Capivi, and Venice Turpentine, of each half an Ounce; Balsam of Peru, two Drams: Mix, and inject with a proper Instrument.

It is sometimes found necessary in Scirrhus Tumors, and Uterine Ulcers, to have Recourse to a Salivation. When this is the Case, there is no Patient but will require somebody of Skill to attend and manage her, according as Circumstances arise, and Symptoms appear.

I shall not give any Directions therefore for that difficult and dangerous Process, because I would not encourage any one to undertake it rashly.

The Matter of the Ulcer sometimes proves very corrosive, so as to eat away the adjacent Blood Vessels, and occasion a violent Flux of Blood: To stop which, the following Styptic Solution should always be kept in Readiness by the Patient, to be applied with Pledgets, as Occasion requires.

The Styptick Solution.

Take Lime-Water and Red Wine, of each four Ounces; Best Vinegar, two Ounces; Roman Vitriol and Roche Allum, of each six Drams; Sugar of Lead, two Drams: Dissolve what is dry in the Liquids.

But if the Application of this should prove very painful, Bolsters dipt in hot Oil of Turpentine may be used instead thereof, and usually with very good Success.

Ulcers frequently seat themselves in the Neck, and but seldom at the Bottom of the Womb. They are very apt to proceed from Venereal Causes; and are not easily and suddenly cured, because of the natural Moisture of the Part. When they happen at the Bottom of the Womb, they cannot be reach'd to advantage, any other Way than by Injection, which should be made as above. But when they happen in the Neck, and the Matter is foul, they may

may be dressed once a Day with the following Ointment.

Take Ointment of Gum Elemi, an Ounce and an half; Red Precipitate levigated, Myrrh, and long Birthwort Root, of each one Dram; Balsam of Peru, half a Dram: Mix.

And in order to facilitate the Cure, the following Bolus is a good Internal. It should be taken every Night at going to Bed, and continued for some Weeks, or 'till the Cure is perfected.

Take Cinnabar of Antimony, one Scruple; Gum Guaiacum, half a Scruple; Confection of Hips, a sufficient Quantity to make one Bolus.

A Gangrene of the Womb is a beginning Mortification, either of some Part, or of the whole; which when complete, and the Part has no Sensation, is called a Sphacelus, or Sideration. A Gangrene may proceed from Inflammations, Abscesses, Scirrhusities, or Ulcers; also from the Pressure of the Fœtus upon the Womb, or Moles adhering thereto; or from the Corruption of a dead Fœtus, Retention of the After-Birth, virulent Ulcers, Venereal Disorders, the Whites, Blows, or Bruises.

When a Gangrene begins, there is a greater Heat felt in the Part than usual; the Pulse is weak and quick; the Parts affected at length grow cold, soft, livid, and black, like a dead and corrupted Carcase: And when the Case

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is turned to a Sphacelation, they remain without any Sense of Feeling, even when cut or pricked with a sharp Instrument, while a stinking Steam exhales from them. In most of these Cases there must be Surgeon's Work, for which I will give no Directions, but only say what may be of use to the Patient herself, or those about her.

Internal Remedies are here thought to be of little Service. The best are Decoctions of Guaiacum and Sassafras Woods, for which I have already given several Forms. And with these may be joined the following Injection.

Take Tincture of Myrrh, camphorated Spirit of Wine, Egyptian Honey, and Spirit of Sal Armoniac, of each two Ounces: Mix, and inject with a proper Instrument three Times a Day.

Pledgets also dipped in this Liquor hot, may be applied to the Part. And the following Fomentation, used frequently, and a small Quantity of it injected, may do Service in some Cases.

Take long Birthwort Root and Gentian, of each one Ounce; Leaves of common Wormwood, Water Germander, and Tobacco, of each two Handfuls; Stinging Nettle Seeds, one Ounce. Boil them in three Pints of Spring Water, till you can strain out but a Pint and an half; to which add Tincture of Myrrh, camphorated Spirit of Wine, Spirit of Sal Armoniac and Tincture

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Tincture of Cantarides, of each one Ounce and an half : Mix them well, and use as directed.

But, where the Thing is practicable, as when it lies in the Neck of the Womb, 'tis held the surest Way for the Surgeon to cut off the mortified Part ; which has sometimes been done with good Success. The taking of the Bark also, in some late Cases, has been found effectual. But good Advice should always be had in those dangerous Cases.

C H A P. XII.

Of the Parts in a Woman serving for Procreation ; with a particular Account of Generation and Conception, and of the begetting one Sex rather than the other.

THE Parts in a Woman serving for Procreation are usually divided into The Privities, The Vagina or Sheath of the Womb, The Womb itself, the Testicles or Ovaria, and The Vessels that prepare and carry. It is necessary that I should say something of these before I proceed to discourse of Barrenness, Generation, Pregnancy, Delivery, &c. which will be the Subjects of the following Chapters. Otherwise, I should much rather have chosen to have been silent on this Head.

That Part is called the *Privities*, or *Pudenda*, which appears to the Eye without Dissection.

Dissection. It reaches from the Os Pubis, to within an Inch of the Fundament; and is less and closer in Maids, than in those who have borne Children. It hath two Lips, which towards the upper Part grow thicker, and meeting upon the Middle of the Os Pubis, makes that Rising which is called the Hill of Venus. Its outward Substance is Skin, covered with Hair, which begins to grow in this Place at about the Age of fourteen, which is therefore called the Age of Puberty. The inner Substance of the Hill of Venus consists chiefly of Fat, which makes it bunch up, and in Copulation hinders the Bones of the Man and Woman from striking against one another, which would, by causing Pain, abate the venereal Pleasure. A Muscle springing from the Sphincter of the Fundament lies under this Fat. Its Office is to streighten the Orifice of the Sheath.

The Nymphs and the Clitoris appear when the Lips are drawn a little aside. The *Nymphs* stand against the Urine, as it moves out from the Bladder, and hinder the Lips from being wet. They are placed on each Side, just within the Lips, and are two fleshy and soft Productions, beginning at the upper Part of the Privities, where they make the wrinkled membranous Substance, which clothes the Clitoris like a Foreskin. They are in Shape and Colour like the Thrills that hang under a Cock's Throat: Their Substance is partly fleshy, partly membranous: With-

in they are soft and spongy, composed loosely of small Membranes and Vessels; so that they are very easily distended by the Influx of the animal Spirits and arterial Blood. They grow larger upon the Use of Venery, and after the bearing of Children, than they are in young Maids: Their Use is to defend the inner Parts, particularly to cover a good Part of the Orifice of the Sheath in the upper Part of the Privity, (which might otherwise be hurt in Venery) as well as to guard the urinary Passage.

The *Clitoris* is placed betwixt the Nymphs: It answers to a Man's Yard in Shape, Situation, Substance, Erektion, and differs from it only in Length and Bigness. Those who are called Hermaphrodites have it so big and long, as to be able to converse with Women in the manner of Men: For these People are not of two Sexes, as is commonly reported; only their Ovaria, usually called their Testicles, are placed near the Lips of their Privities, and their Clitoris is preternaturally extended. But in most it does not appear, unless the Lips are drawn aside. It is a little, long, and round Body, which lies under the Fat of the Hill of Venus, and puffs up in Venery, when straitening the Orifice of the Sheath, it makes it embrace the virile Member more closely. Its outward End is like the Nut of a Man's Yard; and as the Nut Glands in Men is the Seat of the greatest Pleasure in Copulation, so is this in Women.

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There is, to Appearance, a Hole in it; tho' in reality, it has no such Thing. Most of it, as before observed, is covered with a thin Membrane, formed by the Conjunction of the Nymphs. It has two Pair of Muscles: The upper are round, and spring from the Bones of the Hips; and these, by straitening the Roots of the nervous Bodies, that arise on each Side from the Bunching of the Os Ischium, detain the Blood and Spirits in them, and so erect the Clitoris, even as those in Men erect the virile Member. The other Pair arise from the Sphincter of the Fundament, and serve to straiten and contract the Orifice of the Sheath. The Clitoris hath also Veins, Arteries, and Nerves which are somewhat large. In some Eastern Countries the Magnitude of this Member is frequently so great, that for its Deformity and the Hindrance it causes in Copulation they use to cut it quite out, or to hinder its Growth by searing.

The *Sheath* is so called, because it receives the virile Member like a Sheath. It is soft and loose, uneven and wrinkly, of a nervous but somewhat spongy Substance, which puff'd up in Copulation to embrace the Yare the better. It is usually in Length about seven Fingers Breadth, and as wide as the strait Gut: But the Length and Breadth differ in Proportion to the Woman's Age, and as she is more or less provoked to Copulation. The Wrinkles are much more close

and numerous in Virgins, than in those who have borne many Children, or in Prostitutes who use frequent Copulation, or in Women who have been much afflicted with the Whites. The Sheath has many Arteries and Veins, some whereof inosculate with one another, and others not. By the Arteries that open into it the Courses are sometimes known to flow, in Women with Child, who are full of Blood. The Vessels bring Plenty of Blood to it in Copulation, which, by the heating and irritating the Part, increase the Pleasure, and hinders the Man's Seed from cooling before it is convey'd into the Womb. All along the Sheath there are abundance of Pores, from whence a thin Humour always flows, especially in Copulation, which increases the Pleasure of the Woman, and is what is commonly supposed to be her Seed. Near its outward End, under the Nymphs, in its upper Part, it receives the Neck of the Bladder. In Virgins its Passage is so narrow, that, at their first Conversation with a Man, they have commonly more Pain than Pleasure, by reason of the Extension of it by the frile Member, which breaks some small Vessels, from which Blood issues.

The *Hymen* is a thin nervous Membrane, interwoven with fleshy Fibres, and endowed with many little Arteries and Veins. It is situated behind the Neck of the Bladder, with a Hole in the Midst, that will admit the Top of one's little Finger; whereby the Courses

Courses flow. It is also called the Girdle of Chastity : But it is broken and bleeds at the first Copulation, and never closes again. Although a Man, when he finds these Signs of Virginity, may certainly conclude he has married a Maid ; yet if they are wanting, it does not necessarily follow that Virginity is wanting : For the Hymen may be corroded by sharp Humours flowing thro' it with the Courses, and from other Causes ; or, if a Maid be so indiscreet as to become a Bride while her Courses flow, or within a Day or two after, then the Hymen and the wrinkled Membrane of the Sheath are so relaxed, that the virile Member may enter without Obstruction, and so give Suspicion of Unchastity, when there is really no Occasion for it. Sometimes the Hymen is so strong in old Maids, that it cannot be penetrated without Difficulty ; and in some it is naturally quite closed up, so that their Courses are stopp'd, and their Lives thereby much endangered. In this Case, it ought to be speedily opened by a chirurgical Instrument.

The *Myrtle-berry Caruncles* lie close to the Hymen. The largest of them is uppermost, standing just at the Mouth of the Urinary Passage, which it shuts after making Water. Opposite to this, at the Bottom of the Sheath, there is another, and one on each Side. But of these, there is only the first in Maids, the other three being made by the broken Hymen. These three disappear when the
Sheath

Sheath is extended in Labour, and cannot be
 been again till the Sheath is contracted to its
 natural Straitness.

The Sheath, near its outward Orifice, as I
 before just hinted, has a *Spinster Muscle* a-
 bout three Fingers broad, which contracts it
 as the Case requires: So that Men and Wo-
 men need be under no Apprehensions that
 their Genital Parts will not be proportionable
 to each other; for the Sheath is so artificially
 made, that it can suit with the Virile Mem-
 ber of any Man.

The *Womb* is seated in the lowest Part of
 the Belly, betwixt the Bladder and strait Guts.
 Its hindmost Part is loose, that it may be ex-
 tended as the Child increases; but its Sides
 are tied fast by two Pair of Ligaments. Its
 substance is whitish, nervous, and compact in
 Virgins; but a little soft and spongy in Wo-
 men with Child. It has two Membranes;
 the outer one strong and double, arising from
 the Peritonæum; the inner, or proper Mem-
 brane, is fibrous and more porous. Betwixt
 these Membranes there is a certain fleshy and
 porous Contexture, which in Women with
 Child, together with the said Membranes,
 imbibes so much of the nutritious Humour,
 which then flows thither, that the more the
 Child increases, the more fleshy, fibrous,
 and thick does the Womb grow; so that in
 the last Months of Pregnancy, it is an Inch
 thick, and sometimes two Fingers Breadth,
 notwithstanding that it is extended to so much
 greater

greater Compass than when a Woman is not with Child. And yet, within three Weeks after Delivery it is as thin as before, and contracts so wonderfully, that it might be held in one's Hand. In Virgins it is about two Fingers Breadth broad, and three long; in those who have copulated, it is a little bigger, and in form like a Pear, only a little flattish above and below. But in Women with Child it becomes more round, besides that it grows surprizingly larger. In Maids its Cavity is so small, that it will hardly contain a large Hazel Nut. It is divided by a Line that goes length-ways, much like that in the Bag of a Man's Testicles. Its Arteries spring partly from the Spermatic and Hypogastric Vessels; they run along the Womb bending and winding, that they may be extended without Danger of breaking, when the Part is stretch'd in the Time of Pregnancy. The Monthly Courses flow by these Arteries into the Womb itself, in large Quantities; and in lesser Quantities by the Branches that open into the Neck of the Womb: Some little Matter of it also, is secreted into the Sheath.

It has been much disputed what is the real Cause of the Courses; whether they flow by Reason of too great a Quantity of Blood, or whether at set Times there is also a Fermentation of the Blood, which opens the Orifices of the Arteries. But it is most probable, that they proceed primarily from a Fermentation at appointed Times; for if a Woman feeds
high

high, and breeds ever so much Blood, her Courses, in the general, flow never the sooner, tho' perhaps they may be in a greater Quantity; and, if she uses the greatest Abstinence and Sparingness of Diet, they will not be longer before they come: So that it is reasonable to suppose, that, when thro' such Effervescency the Blood flows plentifully into the Vessels of the Womb, and the Veins of the Womb are not able to carry it all back again by Circulation, it opens the Extremities of the Uterine Arteries, and flows thence 'till the too great Quantity of it is lessened, and the Fermentation ceases, which it usually does after three or four Days. The Courses, we have before took notice, seldom flow in Women with Child, and the Suppression of them is most commonly the first Notice of Pregnancy. But to proceed to the remaining Parts of this Description,

The Veins of the Womb spring from the Præparantes, and from the Epigastric Veins, or those on the Fore-part of the Abdomen. The Nerves arise from the greatest Plexus, or Knot of the Mesentery of the intercostal Pair, and from the lowest Knot of the same Pair, and also from the Nerves of the Os Sacrum: And the same Nerves also run to the Testes or Ovaria. These Plexus, or Knots of Nerves, are chiefly affected in hysterical Fits; they are then convulsive, which often happens when the Womb itself is not at all in Fault. The Ball, that seems to rise from the Belly in these Fits, and to beat

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strongly about the Navel, which is usually supposed to be the Rising of the Womb, is nothing but a Convulsion of these Nerves. For some Men have been troubled with the same Symptoms in hypochondriacal Disorders.

The Use of the Womb is to receive into its Capacity the Principles of the Formation of the Fœtus, to afford it Nourishment when formed, preserve it from Injuries, and in due Time to expel it.

The Cavity of the Neck of the Womb in Virgins is no wider than a small Quill; and in Women with Child its inner Orifice entirely closes up, the Sides coming together, or being daubed up with a slimy yellowish Humour, so that nothing then can enter into the Womb. It has the same Membranes, and the same Vessels as the Womb itself.

The *Ovaria* in Women, or what are usually, but erroneously, called their *Testicles* differ much from the Testicles of Men. Their Situation is within the Body, on each side about two Fingers Breadth from the Bottom of the Womb, to the Sides of which they are fastened by a strong Ligament. They are flat on their Sides, and oval in the lower Parts. Their Superficies is more rugged and unequal than that of male Testicles. They differ in Bigness, according to the Person's Age: In those newly come to Maturity, they are about half as large as the Testicles of a Man; but in antient Women they are less

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and harder: Tho' sometimes they grow preternaturally to a vast Bigness, particularly in a Dropfy of the Womb, when some Quarts of Liquor have been found contained in them. They have but one Membrane, which encompasses them round: But on their upper side, where the preparing Vessels enter them, they are about half way involved in another Membrane, which accompanies those Vessels, and springs from the Peritonæum. When this Cover is removed, their Substance appears whitish, but is wholly different from Mens Testicles: For Mens are composed of seminary Vessels, which being continued to one another, are twenty or thirty Ells long, if they could be drawn out without breaking: But Womens consist principally of a great many Membranes and small Fibres, loosely united to one another, among which there are several little Bladders, full of clear Water. The Liquor contained in these Bladders has been always supposed, by the Followers of *Hippocrates* and *Galen*, to be Seed stored up in them: But *Dr. Harvey*, and all the learned modern Physicians and Anatomists, suppose these little Bladders to contain nothing of Seed, but that they are truly Eggs, analogous to those of Fowl and other Animals; and that the Testicles, so called, are not truly so, nor have any such Office as those of Men, but are in reality Ovaria, wherein those Ova, or Eggs, are nourished by the sanguinary Vessels dispersed thro'

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them:

them; and from whence one or more, as they are foecundated by the Man's Seed, separate, and are conveyed into the Womb by the Falopian Tubes. If you boil these Eggs, (which Experiment has been try'd) their Liquor will have the same Colour, Taste, and Consistency with the White of Birds Eggs; and they do not want Shells, because they are sufficiently defended by the Womb. These Eggs in Women are commonly about the Number of twenty or more in each Ovaria, whereof some are far less than others.

The *Spermatic*, or *Seed-Vessels*, as they are commonly named, are of two Sorts; Arteries and Veins. The Arteries are two, as in Men. They spring from the great Artery, a little below the Emulgents, and sometimes, but very rarely, from the Emulgents themselves. They pass down thro' the Ovaria, not by such a direct Course as the feminary Arteries thro' the Testicles in Men, but with much Twisting and Winding among the Veins; with which, however, they have no Communication, as has been commonly thought: But notwithstanding their Winding, when they are stretched out to their full Length, they are far from being so long as those of Men. The Veins are also two, arising, as in Men, the Right from the Trunk of the Cava, a little below the Emulgents, and the Left from the Emulgent itself: But they, as well as the Arteries, are much shorter than those of Men. Both the Arteries and

Veins

Veins, as they pass down, are covered with one common Coat from the Peritonæum: And near the Ovaria they are divided into two Branches, the upper of which is implanted into the Ovaria by a triple Root, and the other is subdivided below the Ovaria into three Twigs. One of these Twigs goes to the Bottom of the Womb; another to the Tube and round Ligament; the third, creeping by the Side of the Womb, under its common Membrane, ends in its Neck, where it is interwoven like a Net with the backward Vessels, called the Hypogastricks. By this Way it is that the Courses sometimes flow in Women with Child, for the first Months, and not out of the inner Cavity of the Womb.

The Use of these spermatic Vessels is not to minister to the Generation of Seed, according to the antient Doctrine; but to contribute to the Nutrition of the Eggs in the Ovaria, agreeably to modern Discoveries, and to the Nourishment of the Fœtus and solid Parts, as well as to the Expurgation of the menstrual Courses.

The carrying Vessels, which go strait from the Ovaria to the Bottom of the Womb, and were formerly supposed to emit Seed in Copulation, are accounted by many Moderns to be only Ligaments of the Ovaria, to keep them in their Place. This Opinion is highly probable; because they reach not to the inner Cavity of the Womb, as they must do, were they to convey Seed thither. The Falopian

Tubes, or Womb Trumpets, are very slender and narrow Ducts, nervous and white, arising from the sides of the Womb: And at a little Distance from it they become larger, and twist like the Tendrils of a Vine, 'till they approach nearer their End; when ceasing their winding, they appear very large, and seem membranous and fleshy. Their End is very jagged, like torn Clothes, and has a large Orifice, which lies close, because those Jaggs fall together: But being opened, they are like the utmost Orifice of a Trumpet. These Tubes, according to the great Dr. Harvey, are the same in Women, that the Horns of the Womb are in other Creatures; to which they answer in Situation, Connexion, Magnitude, Perforation, Form, and Office. The Capacity of these Ducts varies very much: For, in the beginning, as the Tube proceeds out of the Womb, its Orifice admits only the size of a large Bristle: Further in its Progress, where it is at largest, it will receive one's little Finger: But at the utmost Extremity, where it is divided into Jaggs, it is not above a quarter so capacious. They are very uncertain also in their Length; for, from four to five, they sometimes increase to eight or nine Fingers Breadth long. Their Use is, in a fruitful Copulation, to grant Passage to a more subtile Part of the masculine Seed, or to a seminal Effluvium or Air, towards the Ovaria, in order to bedew the Eggs contained in them: One or more of which

which Eggs being by that means impregnated, and dropping off from the Ovarium it belonged to, are received by the Extremity of the Tubes, and carried along to the inner Cavity of the Womb. And this, according to all modern Experience, is the Cause of Conception.

If it should be objected, that the Narrowness of the Tubes, at their smallest Extremity, renders them unfit for such an Office; let it be considered, that the Straitness of the inner Orifice of the Womb, both in Maids and in Women with Child, is sufficient to solve this Difficulty: For as this Orifice dilates so much upon Occasion, as to make way for the Birth of a Child, can we wonder, that to serve a necessary End of Nature, the small Duct of the Tubes should be so far widened, as to allow Passage to one of the Ova or Eggs, since its Proportion to their Duct is many times less than that of a Child to the usual Largeness of the said Orifice?

Conception then, according to these Principles, is nothing else but an Action of the Womb, whereby the prolific Seed, or Seminal Effluvium of the Man, and the Ovum of the Woman are there received and retained, that an Infant may be engendered and formed out of it. There are two Sorts of Conception; the one true, according to Nature, to which succeeds the Generation of the Infant in the Womb; the other false, producing what is usually called a Mole, or any other strange

Matter. But of this latter I shall speak in a Chapter by itself.

It is not absolutely necessary that the Man's Seed should be received, and retained entire, to occasion Conception: For a small Quantity of it injected, and that not retained after Coition, is sufficient for that Purpose. The fair Sex therefore need not be uneasy when they find it quickly slide away, from the Apprehension that they shall never conceive while this happens; because it is now manifest, that the Masculine Semen, tho' cast into the Womb, never remains long there in Substance, but quickly glides away, whether a Conception happens or not: For it is in Fact only the living Effluvium, the vital Spirit or Vapour arising from the Seed, when it is injected, that occasions Pregnancy, by fecundating one or more of the little Eggs in the Ovaria; whilst the remaining gross Quantity, or far the greatest Part of it, which served only as a Vehicle to the Effluvium, comes very soon away, as having performed its whole Office.

There is no such Thing in Nature as the imaginary Mixture of Male and Female Seed, in due Quantities, according to the Opinion of the Antients: For what the Women have in their Ovaria, falsely called Testicles, is no way analogous to the Seed of Men, as has been here shewn. Some Women indeed, in the Time of Coition, void a white limpid Humour, which having some Resemblance to Semen, might be the original of this Mistake:

stake : But modern Discoveries demonstrate, that this Liquor comes from the small Glandules of the Vagina, or Sheath, called *Lacunæ*, and not from the Womb : Neither doth it go into the Womb in the Time of Coition ; which is a plain Proof that it is not Semen, but only somewhat designed by Nature to create Desire, lubricate the Passage to the Womb, and heighten the Pleasure of Enjoyment.

The Male Seed, according to universal modern Observation, appears, when in good Order, to be filled with an infinite Number of the human Species, both Male and Female, almost infinitely minute. They are called *Animalcula*, or *Homunculi* ; one of which obtaining Entrance into a Female Ovum, or Egg, as the proper Nidus and Habitation for it, is there nourished, grows bigger, unfolds its Parts, and becomes a Foetus : So that the actual living Particle, of which Sex soever, proceeds entirely from the Male, the Female affording it only a proper Receptacle, and due Nourishment. And this is thought to be true not of the human Species only, but of all other living Creatures whatever.

There is one grand Objection only against this Opinion concerning Generation ; a grand one it is indeed, and which seems, at first sight, to counterballance all the Microscopical Observations, the innumerable Experiments and Philosophical Reasonings, on which our Theory is founded. It is not admitted, however, to be sufficiently valid for this purpose,

and can only serve to shew us, that in spite of the most diligent Enquiry, there are some Truths which we cannot fully demonstrate.

If the Female, say the Persons who object, afforded only a suitable Nidus, due Warmth, proper Nourishment, and other outward Conveniencies, without contributing any thing more, it would then follow, that every Male in all Cases would beget its own proper Species, without the least Variation of Parts, tho' coupled with a Female of different Kind: But the contrary of this is found by Experience, and incontestable Facts. A Male of one Species copulating with a Female of another, produces a Creature very different from either, yet partaking of both: As the Mule, produced by a Horse and an Ass, of both which it participates. A different Habitation and Degree of Warmth may cause an Alteration in Growth and Vigour, but can never alter the Nature and Structure of the Animal, produce a new Species of Articulation, a new Order of Being.

This is the Sum of the Objection, which it must be owned, presents us with some Difficulties, tho' not so great but they may be got over. Let it be allowed then, that there is somewhat more essential in the Female Part of this Affair of Generation, than barely what has been asserted by the Moderns; this cannot yet come up to the ancient Opinion, which introduced a Mixture of the two Seeds, in order

to the Production of an Animal, because it may be proved, that no such Mixture ever happens, in the manner that has been laid down. But may not the Efficacy of the Female upon the Fœtus be accounted for on this Principle? That the Ova in every Species are peculiarly suited to be Receptacles for that Species only, and that therefore, tho' they may afford Harbour and Nourishment to Semen of another kind, yet this is always contrary to Nature, who hath so order'd it, that every Production shall owe as much to the Mould *in* which, as to the Matter *of* which it is formed. This may pass for a probable, if not a satisfactory Solution of the Matter.

But I must not dwell upon these abstruse Speculations, which are suited only to the Curious. It is sufficient, that I have given such an Idea of Generation and Conception, as may inform my Fair Reader in what manner both are performed. I have shewn here, that in what we usually call the Female Testicles, there are a great number of little Eggs: That when one of these is impregnated in Coition, it drops from its Place thro' the Womb Trumpets, whose largest Orifice is towards their Seat, and descending into the Bottom of the Womb, to the Place designed by Nature for its Reception, there adheres, grows bigger, and contains the Fœtus.

The Sensation that attends the Dropping of one or more of these Ova is usually
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what distinguishes a fruitful Copulation. The Woman feels a more than ordinary Pleasure; and a universal, but gentle Shivering succeeds the Conjugal Act. When Coition has been performed with these advantageous Circumstances, a small Pain is generally perceived about three or four Days after about the Navel, attended with some gentle Commotions in the Bottom of the Abdomen. The other Signs of Conception are as follow. If within one, two, three, or even four Months after, but especially if within the first or second Month, the Courses cease to flow, as it were spontaneously, or prove much less in Quantity than usual, without any apparent Cause, there is great Probability that the Woman has actually conceived: And it is customary, upon the first Failure of this Kind, to begin the Reckoning of her Weeks, without taking Notice of the Time before elapsed. After this, or between the second and third Month, but generally about the third, the Motions of the Embryo become perceptible to the Mother; who is then often troubled with a Nausea or Loathing, Vomiting, Longing after uncommon Things, or for large Quantities of such as are common. About this Time, or not long after, the Courses discontinue to flow, the Breasts begin to swell, grow hard, painful, and contain a little Milk. The Nipples also become larger, firmer, and deeper coloured; a yellowish livid Circle appearing about them. The Eyes seem sunk and hollow.

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low, with the Whites dull and thickish. During the two first Months of Pregnancy, the Woman grows thinner and smaller; the Belly being also a little depressed, or sunk; tho' it soon afterwards distends, and grows gradually larger. 'Tis reckon'd a sure Token of Pregnancy, if, upon Examination, the Orifice of the Womb, at the farthest Extremity of the Vagina, appears to be exactly closed; while the Womb itself is equally distended, from the first Suppression of the Menstrual Flux; but especially if the Neck of the Womb feels prominent, and pointed like the Stalk End of a Pear, flattening afterwards gradually, 'till it at length subsides, and becomes one, as it were, with the round Body of the Womb itself. But this last Symptom will not happen 'till near the Time of Delivery, when indeed the Symptoms are usually numerous enough.

There are no certain Signs to inform us, whether a Woman goes with a Boy or a Girl, notwithstanding what some may have dream'd of this Matter. Nor are there many Physicians, who will venture their Reputation so far, as to determine whether a Woman goes with one Child or more: But some form their Judgment in this last Particular, from the uncommon Magnitude of the Belly, when there is no Dropsy suspected; or from a depressed Line, which they say is discover'd along the Middle of the Abdomen, with a Prominence or Rising on each Side of it; especially

especially if the Woman feels various Motions on both Sides of her.

There have always, indeed, been People hardy enough to pronounce more positively than prudently in these secret Affairs; which has been the Reason that so many trifling and ridiculous Notions have been not only broached, but even currently received. It has been imagined, that Males are begot only by the Semen elaborated in the right Testicle, and Females by that in the left. Hence some have advised the tying up of either the right or the left Testicle during the conjugal Embraces, when the Parties are inclined to propagate their Species in one Sex rather than in the other; that is to say, the left Testicle when they would beget Sons, and the right when they would beget Daughters. But besides that there is no Certainty, I may say not much Probability, that the Experiment would answer; it is manifest that the Pain and Inconvenience which would attend it must be so great, that few Men would care to submit to it upon any Consideration whatever. And if, as Authors affirm, there have been Men with no more than one Testicle, who have been the Fathers of both Sexes, there can be small Encouragement to undergo such a severe Punishment.

It may be said, indeed, that when a Man is born with no more than one Testicle, if such a thing ever happen, it is reasonable to suppose that Nature hath furnished that one
with

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with all that she usually distributes in two, and that therefore a Man in this Condition can be no Exception to the general Rule. Let it be allowed then, what some warmly contend for, that all the Eggs in a Woman's Ovarium on one Side, when impregnated by the Male Seed, produce only Males, and those on the contrary Side only Females; also, that the Seed in one Male Testicle is appropriated only to the Generation of Males; and that in the other to the Generation of Females: Admitting, I say, these Principles, let us see if no better Consequences can be drawn from them, than that absurd one which advises the tying up of one Testicle, which for many Reasons, manifest to the Skilful, seems to be insufficient to answer the intended Purpose.

It has been averr'd, by those who pretend they have made the Experiment themselves, that when a Man has always accustomed himself to lie on one Side of his Wife, as the right for Example, if he changes Sides with her for a considerable time, upon finding that she brings forth only one Sex, and confining her, as well as himself, to sleep on the contrary Side to what she was used to, this great Complaint, so perplexing to many Couples, may be removed. And the Method is said to be yet more effectual, if, instead of using Coition at Night, upon first going to Bed, they put it off till the Morning, after having rested several Hours upon the

the contrary Sides to what they were accustomed to.

I will not pretend to give my Opinion, either for or against the Probability of this Method; I will only say, that it seems to carry a better Appearance than any other I have ever heard of, how trifling soever it may be thought in itself. We know that very extraordinary Effects are produced by Causes very unpromising: And as the secret Springs and Powers in the Mechanism of our Bodies are imperceptible, it is impossible for us to know with Certainty of how much Consequence the smallest Alteration in our usual Habit may be, especially in this Article of propagating our Species, which notwithstanding the laborious Enquiries of many Thousands, is still very mysterious and abstruse.

But, though I suspend my own Judgment concerning an Opinion which wants the Experience of great Numbers fully to support it, I must not omit what has been said by others in behalf of the Probability of it. The Seed, they observe, is separated from the Blood by different and distinct spermatie Vessels on each Side, which lead down to each distinct Testicle, and from each Testicle it is distinctly carried, without ever intermixing with that on the other Side, by proper Vessels into the Seed-Bladders, one of which lies on each Side, and is there deposited and kept, still separate, till Coition, when it can be

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be intermixed only in Ejaculation, as it passes thro' the Urethra, or urinary Passage of the Penis, in the very Instant of Emission. This being so, we cannot be sure but that the Seed separated from the Blood by the spermatic Artery, elaborated in the Testicle, and then lodged in the Seed-Bladder of one Side, may be better, more in quantity, and more prolific, than what is distinctly separated by the spermatic Artery, elaborated in the Testicle, and lodged in the Seed-Bladder of the other Side: Nor can we be sure, that the constantly lying in Bed, and sleeping on one Side, may not occasion less in Quantity, or less prolific Seed to be separated on one Side than on the other, and more in Proportion of such like prolific Seed to be emitted in Coition, than of the other more prolific Seed. And therefore the Changing of such an habitual Custom of lying and sleeping in Bed, and constantly lying on the other or contrary Side for some Months together, may possibly occasion a very great Alteration in propagating the Species.

There will be no Difficulty, however, in making the Experiment, by those who may think these Suppositions worth their Regard: And if they find it answer their Desires in one Instance, and that upon using this Method they are blest with a Son, after, for a long Time, having had nothing but Daughters, or with a Daughter, after having had nothing but Sons; if this, I say, should be the Consequence, they may rest themselves contented.

contented with the Effect, tho' they may never find out a mechanical Reason for the Cause. I proceed, in the next Chapter, to the Consideration of Barrenness and Impotency.

C H A P. XIII.

Of Sterility or Barrenness in Women; including also whatever is most effectual against Impotency in Men.

ST E R I L I T Y, or Barrenness, is such a State of a Woman's Body, as indisposes it, upon the Use of the natural Means, to conceive and propagate her Species. This Distemper proceeds from many Sources, which may be reduced to these two general Heads. *First*, An Indisposition of the Parts to receive the male Semen in the Act of Copulation, or that vital Effluvium streaming from it, which alone can impregnate the Ovaria. *Secondly*, An Inaptitude to retain and nourish the vital Particle after it is injected, so as to make it grow, and expand its Parts, 'till it becomes a proper Foetus.

The Reception of the Seed is hindered by many Causes; as, immature Age, when by reason of the Narrowness of the genital Passages, the Woman cannot admit the virile Member, or at least not without great Pain, which makes her dislike Copulation: And

Old

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Old Age hath sometimes the same Effect; for, in elderly Virgins, the Parts are so straitened for want of Use, that they cannot, without Difficulty, contribute to the Means of Generation. Women who are lame also, or have their Limbs distorted, or their Hips depressed, cannot always lie in such a Posture as is necessary for a fit Reception of the Semen. Too much Fat likewise stops the Passage, particularly, when the Omentum presses upon the Orifice of the Womb, and renders the Copulation incommodious. And, when a Woman is troubled with a cold Intemperament of the Womb, she becomes dull and indifferent as to conjugal Embraces, in which she hardly enjoys any Pleasure, or is so slowly moved, that the inner Orifice of the Womb does not open seasonably to receive the Man's Seed. The Passions of the Mind also are thought to be a great Hindrance to Fertility, especially Hatred between Man and Wife, whereby the Woman, having an Aversion to Enjoyment, does not supply Spirits sufficient to make the genital Parts surgid at the Time of Coition: Nor can the Womb then kindly meet the Effluvium, and draw it into its Cavity in due Manner.

Swellings, Ulcers, Callosities, Obstructions, Distortions of the genital or neighbouring Parts, may be so many Impediments to the proper Reception of the male Semen, or its Retention and Nutriment after Reception. A Stone in the Bladder may have the same Effect;

fect ; as may a too great Moistness and Slipperiness of the Womb or Vagina, when they are filled with excrementitious Humours, and rendered too lax. Conception is also hinder'd by a hectic, hydropic, or feverish sickly Habit ; by a Deficiency or Obstruction of the monthly Courses, when the natural Briskness of the Blood is wanting ; by an immoderate Flux of the Courses, which impoverishes the Fluids ; by the Whites, which, continuing too long, relax the Glands of the Womb, and drown, as it were, the prolific Particles.

On the Side of the Man also there may be many Causes of Infertility ; as, a seminal Weakness ; a Want of a due Erection ; virulent or ill-cured venereal Cases ; Fast-living ; a worn-out Constitution ; and sometimes, there may be no Defect discoverable on either Side, yet the Parties remain without Issue, notwithstanding the most earnest Desire of propagating their Species.

When a Swelling actually appears in the uterine Vessels, when the Menfes are irregular, or when the Whites have continued long, if by the Use of proper Means the Woman does not conceive under these Circumstances she may then impute her Barrenness to the present Disorder. And here her own Reason will dictate to her, that she must have immediate Recourse to the Remedies prescribed for that particular Illness with which she is afflicted. When she is very fat and bulky, and has room to think her Conception is thereby hindered

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hindered, her only Way is to correct that vicious Habit by a thin spare Diet, and proper Evacuations.

If the Lips of the Privities or the Entrance of the Vagina are closed, it is manifest to the Sight: But when the Orifice of the Womb is shut up, it is difficult to be known, while the Patient is very young, and 'till her Courses come down; when it occasions great Pain and Heaviness in the uterine Vessels, from the Detention and Pressure of the menstrual Flux; the Belly swells, the Patient becomes sickly, and sometimes a Swelling is formed in the Cavity of the Womb.

'Tis very unsafe to prognosticate a perpetual Barrenness from one that is present, even tho' there be a total Obstruction of the Courses, or a long continued Flux of the Whites. But when the Patient is once certain, that it happens on account of Ulcers or Callosities in the Parts, it may not be rash to say, that Conception is impracticable 'till these are remov'd. When there is a total Want of Erection, or of seminal Matter on the Side of the Male, Generation for the present is not only impossible, but the Cure very precarious and difficult. When the Sheath of the Womb is naturally imperforated, which is sometimes the Case in new-born Infants, it proves mortal in a few Days Time, without the Help of a Surgeon, upon account of the Urine's being detained. If the Womb be naturally closed with a Membrane, it may be of ill
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Consequence, unless cut away before Matrimony, or the Eruption of the Monthly Courses.

Where Barrenness seems owing to any particular Distemper, the Reginen to be observed must always have regard thereto. But when it happens thro' a cold and languid Constitution in the Woman, or thro' a Seminal Weakness, or Want of Erection in the Man, the Diet should be very nourishing, moderately astringent, easy of Digestion, and pretty well seasoned. Strong Jellies, Broths, Sago, Chocolate, &c. are here thought proper. The Exercise should be moderate, the Air clear and cool, if the Patient's Circumstances will admit of it; the Sleep not over much; and Conjugal Enjoyments, if not wholly omitted, should be sparingly indulged for some time.

Preparatory to the Cure of Infertility in either Sex, it is proper to use Evacuations unless any particular System shew them to be dangerous. Bleeding, lenient Purgatives such as the Solutive Electuary in Page 34 and a gentle Vomit of Ipecacuanha, especially if the Person be plethoric, or cacohymic, cannot but be of **great** Service; because most of the Medicines to be prescribed, in this Case being aromatic, or highly nourishing, may otherwise bring on inflammatory Disorders as the Pleurisy, Inflammation of the Lungs and the like.

Due Evacuations having been complied with, proceed with the following strengthening Electuary.

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Take *Roots of Satyrion and Eryngo candied*, of each one Ounce; *Powders of Cinnamon, Sweet Fennel Seeds, and preserved Ginger*, of each half an Ounce; *Mace, Roots of Contrayerva and Spanish Angelica*, of each one Dram; *Troches of Vipers*, one Ounce; *Juice of Kermes*, six Drams; *Tincture of Cantharides*, half a Dram; *Syrup of Cloves*, a sufficient Quantity to make an *Electuary*. Let the Quantity of a large Nutmeg be taken every Morning early, at about Five o'Clock every Afternoon, and at Night going to Bed; and let this Course be continued as long as the Case requires. Three Spoonfuls of the following Wine should be drunk after each Dose, to the Efficacy of which it will make a considerable Addition.

Take *Canary Wine*, two Quarts; *Cloves, Nutmegs, long Pepper, lesser Cardamom Seeds, Virginia Snake-Root, and Cochineal*, of each one Dram and an half; *Syrup of Citron Peels*, four Ounces: *Infuse the Aromatics*, and mix in the Syrup.

Another Strengthening Electuary.

Take *Conserve of Orange Peels*, one Ounce; *Venice Treacle*, and *Confection of Kermes*, of each half an Ounce; *Species of Diambra, Winter's Bark, Powder of Saffron, lesser Cardamom Seeds, Carraways, powder'd Nutmegs, Virginia Snake-Root, and Cloves*, of each one Dram, *Viper's Flesh*, one Ounce; *Balsamic Syrup*, enough to make an *Electuary*. Let this be taken in

in the same Quantities, and with the same Intervals as the other, drinking after it four Spoonfuls of the following Infusion.

Take Cinnamon powder'd, one Ounce ; Sweet Fennel Seeds bruised, and Lavender Flowers, of each half an Ounce ; Spanish Angelica Root, Ginger, Contrayerva, Mace, and Cochineal, of each one Dram and an half ; Canary Wine, two Quarts : Infuse according to Art for two or three Days, and to the strain'd Infusion, add Syrups of Saffron and Cloves, of each two Ounces.

Both of the foregoing Electuaries and Infusions are most excellent for the Purpose of curing Sterility. They rectify and warm the Blood and Juices, increase the Spirits, invigorate and revive the whole human Machine, and not only raise the Appetite to Venereal Embraces, but remove the usual Obstructions of Fertility, prepare the Semen for performing its Office, and the Ova for Impregnation. In a word, they warm, comfort, and excite the generative Powers to Admiration, and seldom fail of performing a Cure in twenty or thirty Days, if duly followed, and the Barrenness, or Imbecillity, be not absolutely incurable by Medicine.

According to my usual Method, however I shall insert Prescriptions for Remedies under other Forms, that the Patient may be under no Difficulty with Regard to taking such Things as may be of Service, from any particular

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pathy. For those who chuse *Bolusses*, the following are not to be mended, hardly to be equalled.

Take Spanish Angelica Root, Cinnamon powder'd, Castor, and Salt of Vipers, of each five Grains; Mithridate, two Scruples; Oil of Nutmeg, two Drops; Syrup of Cloves, enough to make a Bolus. Let this be taken twice a Day, Morning and Evening, for ten or fourteen Days, drinking after it a few Spoonfuls of Canary Wine, or the following Cordial Draught.

Take black Cherry Water, two Ounces; Aqua Mirabilis, six Drams; Syrup of Citron Peels, six Drams; Tincture of Cantharides, three Drops: Mix for a single Draught.

The same Mixture may be drank after either of the other *Bolusses*, which here follow.

Take Virginian Snake Root, Compound Powder of Rosemary Leaves, Carraways and Nutmegs powder'd, of each five Grains; Oil of Cloves, one Drop, Venice Treacle, two Scruples; Syrup of Citron Peels, enough to make a Bolus. Or,

Take Cochineal, Ginger, Aloes Wood, Cloves, and Mace, all powder'd, of each four Grains; Oil of Fennel, two Drops; Balsam of Peru, four Drops; Conserve of Oranges, two Scruples; Syrup of Saffron, a sufficient Quantity to make a Bolus. Either of these may be con-

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tinued a lesser or a longer Time, according to the Weakness of the Patient: But usually fifteen or twenty of them, taken Night and Morning, are found sufficient to answer all the Purposes that can be expected from stimulating Medicines.

The following Drops will be no less effectual, to those who may prefer that Form.

Take Spirits of Clary, Saffron, and Castor, and Tincture of Cantharides, of each one Dram: Mix. Take about ten Drops, thrice in a Day, in a Glass of Wine or any proper Vehicle.

Even they, who consent to take one of the Bolusses, may take the Drops also, once a Day at least, and most Constitutions twice, until a Cure be effected. The following are not inferior in Efficacy.

Take Tincture of Saffron, Sal Volatile Oleosum, Tinctures of Castor and Cantharides, of each one Dram: Mix. Let it be taken in the same Quantities as directed for the other, but with four Spoonfuls of this agreeable Julep.

Take Black Cherry, Mint, and Alexiterial Milk Waters, of each four Ounces; strong Cinnamon and Plague Waters, Aqua Mirabilis, of each two Ounces; compound Spirit of Lavender and Spirit of Saffron, of each two Drams; Syrup of Citron Peels, one Ounce and a half: Mix for a Julep.

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The following prolific Species, or Powder, without the Use of Cantharides, may answer the same Intention. Some, therefore, in all likelihood, will prefer it, who have an Aversion to that violent Provocative.

Take Balsam of Tolu, Gum Storax, and Lavender Flowers, of each half an Ounce; Vipers Flesh pulverized, two Ounces; Cinnamon pulverized, three Drams; Winter's Bark, two Drams; Powders of Saffron, Castor, Galangals, sweet Fennel Seeds, and Carraway Seeds, of each one Dram and an half; Flowers of Benjamin, Ginger, long Pepper, Contrayerva, lesser Cardamom Seeds, Species Diambrae, compound Powder of Rosemary Flowers, Cloves, Nutmegs, and Mace, of each one Dram: Mix them well together. The Dose of this Powder is one Scruple, taken twice every Day, in a Glass of such Liquor as the Patient shall think most agreeable.

Lozenges, by some, may be thought less troublesome to take than either the Electuaries, Bolusses, Tinctures, or Powders. Where this shall happen, they may be thus made.

Take of the foregoing prolific and aromatic Powder, Juice of Kermes, and white Sugar, of each two Ounces; compound Spirit of Lavender, half an Ounce; Mucilage of Gum Tragacanth, enough to make it into small Lozenges,

of which let one be frequently dissolved in the Mouth.

I must add another Tincture, which stands highly recommended: And perhaps there is no Form of Medicine which can here do more Service, provided it be carefully managed, and not taken in too large Quantities: For, as Tinctures and Elixirs, or what are commonly called Drops, contain the Virtues of their several Ingredients, in a little Room, great Caution should be had in using them in the present Case, where too great a Dose may stimulate beyond what is proper.

Take Spanish Angelica Root, Contrayerva, Virginian Snake Root, Ginger, and lesser Cardamom Seeds, of each six Drams; Nutmegs and Cloves, of each three Drams; Mace and Cochineal, of each one Dram and an half; Spirits of Clary, Lavender compound, Castor, and Saffron, of each one Pint: Digest according to Art. To every half Ounce of this Tincture, add Tincture of Cantharides, half a Dram. Let twelve Drops, be taken twice or three Times every Day.

Some Women, who may object against the Generality of Remedies for this Intention, may be induced to take a Glass of the following clear, grateful Water, under the Notion of a Cordial.

Take Spanish Angelica Root, lesser Galangals, Florentine Orris, Horse Radish, Dragons,

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gons, of each two Ounces ; Clary and Baum, of each six Handfuls ; Lavender Flowers, four Handfuls ; Seeds of sweet Fennel, Carraways, and greater Cardamoms, Castor, Saffron, and Cinnamon, of each one Ounce ; Juniper Berries, two Ounces ; Cloves and Nutmegs, of each half an Ounce ; best French Brandy, two Gallons ; Spring Water, a sufficient Quantity for Distillation : Draw off two Gallons of Water, to which add double refined Sugar enough to make it palatable.

The Cantharides in the foregoing Prescriptions, where they are introduced, may either be omitted, or their Quantity diminished or augmented, according as the Case requires: But in this great Care and Judgment are necessary, especially when the Quantity is to be enlarged. The Dose of them here is adapted to common Cases, and will seldom need any Variation. However, if they cause a Heat of Urine, or a Strangury, they are directly to be laid aside, and Gum Arabic must be dissolved in the Broths, Emulsions, and other Liquids, which the Patient may make use of.

Where there is a sufficient Erection, and only the Semen is wanting, all stimulating and aromatic Medicines must be entirely omitted, or properly corrected, and the Cure attempted with Balsamicks chiefly, assisted with a nourishing Diet. The balsamic Electuaries in the Chapter for the Whites, *pag.*

119 and 120, are here very good, to be taken as there directed.

During the Use of Internals, external Liniments are found to be of service. The following are justly applauded for their Efficacy.

Take Soldier's Ointment, two Ounces; Oil of Nutmeg by Expression, two Drams; Tincture of Castor, half an Ounce: Mix. Or,

Take Nerve Ointment, two Ounces; Oil of Mace by Expression, one Dram and an half; Balsam of Peru, two Drams; Chymical Oils of Lavender, Cloves, and Rhodium, of each four Drops: Mix. Or,

Take Palm Oil, two Ounces; Oils of Marjoram, Origany, and Mint, of each five Drops; Tincture of Castor, half an Ounce: Mix.

Anoint the Parts between whiles with either of these Liniments, that is to say, the Penis and Scrotum, if it be for a Man, and the Pudendum, if for a Woman, and it will not fail of administering Comfort and Strength. If any Thing yet more stimulated be desired, a Dram and an half, or two Drams of Tincture of Cantharides may be added to either Preparation. But I would not advise any debilitated Person to be too busy with high Provocatives; because they may incite to the Use of Venery before Nature is prepared for it, and so exhaust the

Animal

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Animal more by one single Action of Coition, than it would be by twenty in the common Way. It is better, therefore, for most Persons, to keep to the Liniments as simply prescribed, without the Tincture of Cantharides, that so their Strength and Ability may be always equal to their Inclination.

Pessaries for the same Purpose, may be prepared and used by the Fair Sex; thus:

Take of the best Honey, half an Ounce; powder'd Nutmeg, Castor, and Cloves, of each one Scruple; Laurel Leaves powder'd, a sufficient Quantity to make a Mass. Mould this into a proper Form to put up the Privities, where let it remain two or three Hours after going to Bed.

But as this antient Form is almost abolish'd in the present Practice, those who, like it better, may, instead of a Pessary, make use of the following Injection.

Take Cloves, Nutmegs, Ginger, Spanish Angelica, of each one Dram; Aloes Wood, Mace, Cardamom Seeds, of each one Scruple; Mint Leaves, one Handful; infuse them in a Pint of White Wine, and boil over a gentle Fire 'till it is reduced to twelve Ounces: Then strain it, and inject two Ounces warm every Night going to Bed, 'till the whole be used.

When the Parts abound with Moisture, restringent or aromatic Fumigations may be used to Advantage, as in the Case of the

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Whites,

Whites, and of the falling down of the Womb and Fundament, *Page 144.* The Ingredients proper in the present Case, are *Thorax, Cloves, Nutmegs, Castor, Ginger, Spanish Angelica Root,* and *Galangals.* Equal Quantities of those may be taken powder'd, and mix'd together, and about an Ounce of the Mixture is sufficient to burn at a time, according to the Directions in the Place above referr'd to.

Where other Things have fail'd, the Cold Bath hath been of Service to both Sexes, especially in some phlegmatic Constitutions. A Journey to *Bath* also, or *Tunbridge*, and drinking the Waters for some Time, hath been attended with good Success.

I have mentioned in the preceding Chapter, that the changing of Sides in Bed, may be a probable Means of changing the Sex in our Off-spring, and helping those who before have had only Girls, to beget and conceive a Boy: I would here recommend the same Practice to those Ladies who have been hitherto barren, that Piece of Management, trifling as it is to Appearance, having been often found successful, even when Medicines have fail'd, and will hardly miss of satisfying their Desires, where there is no real Defect on either Side, if used together with proper Remedies. Mechanical Reasons might be given for what is here advanced, were they necessary.

Having

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Having before cautioned against the too frequent Use of Venery, especially for those who seem to be infertile thro' Weakness, it will be proper just to hint the most auspicious Seasons for performing the conjugal Act to good Purpose. It has been found then by Experience, that tho' a Woman may conceive at any Time during the three Weeks that her Courses are entirely off, yet she is more apt do so immediately after their ceasing, than at any other Time between the Periods of their Return. This Hint may be made of use to weakly People, where the Man and the Woman are both equally prudent and temperate.

I need not add any thing farther concerning the Regimen that is necessary, to such Women as are willing to become fruitful, because Reason will dictate that feeding moderately, and at due Seasons; going to Bed betimes at Night, and not lying too long in Bed in the Morning; as they all contribute to the Establishment and Preservation of Health in general, so they must be of peculiar Service in the present Case, where a healthy Constitution, a rich Store of the Fluids, a vigorous and firm Temper of the Solids, and an Abundance of Spirits, are commonly the only Things wanting. Cheerful and gay Company may be also of Service to promote these, and consequently to render the nuptial Bed fruitful.

There is a certain occult and secret Species of Barrenness, that cannot be attributed to any of the Causes before assign'd, or indeed to any sensible Cause at all. This happens when no manner of Defect is discoverable, on the Side either of the Male or Female, and yet they shall, against their Inclinations, remain without Issue. Many odd Conjectures have been started on this Account, concerning the possible Causes of Sterility, when neither Person appears to be in Fault. Some superstitious People have imputed it to Sorcery, and Recourse has been had to Incantations, Amulets, Charms, and Magic Rites, in order to the Cure. But People of Understanding give no heed to such Fables, being satisfied, that when both Parties are of suitable Years, brisk, and not labouring under any apparent Weakness or Indisposition, if Fertility do not follow their nuptial Intercourse, there must be some real and mechanical Reason for it, tho' not obvious to the Senses. And the most natural Causes that can be here supposed, are either that there is some Obstruction in the Womb trumpets, which hinders the spirituous Part of the Male Seed from passing thro' them to the Ovaria, or else that the Ova or Eggs themselves are some way faulty, so as to be incapable of Impregnation. Now there cannot be any thing better contrived than the Remedies introduced in this Chapter, to remove either the one or the other of these Causes

Causes, and therefore I dare recommend them as almost infallible in such Cases, provided a due Regimen can be kept while they are taking.

Tho' I lay no Stress on the Power of Magick in the Case of Sterility, yet perhaps some of the external Remedies prescribed in Compliance with that Notion may be used to some good Effect, not from any secret Charm contained in them, but from the natural Virtues of the Ingredients that compose them. The following Girdle, for Instance, may be tried, by those who think proper, at the same Time that well adapted Medicines are taken internally.

Take Eryngo Root, Zedoary, white Dittany, Florentine Orris, of each half an Ounce; Contrayerva Root and Ginger, of each two Drams; Leaves of Mint and Clary, of each half a Handful; Coriander Seeds, Cloves, long Pepper, Rosemary Flowers, Orange Peels, Yellow Sanders, the best Russia Castor, Saffron, Volatile Salt Armoniac, of each one Dram; make them all together into a coarse Powder, which sew up in a Silken Girdle, and wear it round the Waist.

If the Womb be indisposed thro' Weakness, Relaxation, or the Whites, so that it cannot retain the Semen, it will be proper to use astringent Fomentations, or Fumigations, according to the Directions in the Chapters Tenth and Eleventh. But when

when the Case proceeds from a venereal Taint, communicated by an ill Husband or otherwise, or from an Obstruction of the Courses, from Ulcers or Callosities, a due Regard must always be had to the particular Distemper that occasions it, before any Cure of Sterility can reasonably be expected. The Person afflicted, in these Cases, may consult the foregoing Chapter for her Direction.

When the Lips of the Privities grow together, they are cautiously to be separated by Incision, and the Sides kept asunder for some Time, by Rags dipp'd in a proper Ointment. And if the Mouth of the Womb should happen to be closed, a proper Pessary of Cork, cas'd over with Wax, may be introduced to keep it open. But the Assistance of a skilful Surgeon being always necessary in these extraordinary Cases, I chuse not to insist on them any longer.

I shall add only a few Words, directed peculiarly to the Men, who find themselves incapable to propagate their Species, tho' they have not any natural Defect in the Instruments of Generation: For as to absolute Impotency and Incapacity of Fruition, as it is manifest enough to the Sight, so it is what no Man living will pretend to cure on which Account our Laws have given the Wife a Remedy, where there can be none for the Husband, by allowing her to sue out a Divorce, and marry another Man.

A simple Gleet is one of the most common Causes of Insufficiency. It greatly invigorates the whole Man, is attended with Weakness, and oftentimes Pain in the Back, Heaviness and Pain in the Testicles, and, without Help, usually terminates in that kind of Consumption which is called a *Tabes Dorsalis*, or Consumption of the Back. It is a constant Oozing of a clear seminal Matter, which distinguishes it from an impure venereal Running. A Man that is troubled with it, would do well never to attempt to propagate his Species, 'till such Time as he is perfectly cured; for besides that his Endeavours would be ineffectual, they would infallibly heighten his Infirmary.

The best Medicines in the whole Body of Physick for this dangerous Distemper, are those internal ones prescribed in the Chapter concerning the Whites; which being constantly taken for some Time, in the same Quantities, and with the same Intervals, as directed for Women under that Disorder, abstaining all the Time from venereal Embraces (Excess in which is commonly the Cause of a simple Gleet) will as certainly and completely cure this Flux in Men, as they will the other in Women, there being much Similitude between these two Distempers.

The same Directions should be exactly followed by those Men whose Seed is rendered too thin and watry, tho' without any such Laxation of the seminal Vessels as occasions

casions a simple Gleet; and also by those Men, who thro' some Weakness of the Parts, are apt to emit their Semen as soon as they entertain any amorous Thoughts, by which Means they are not only hinder'd from Procreation, but even from Fruition itself. In both these Cases, I say, as well as in a simple Gleet, Abstinence from conjugal Embraces, and the use of balsamic Medicines, as in the Whites in Women, are the most effectual Means of obtaining a Cure.

As to all other Causes of Impotency, such as a Defect of the animal Spirits, an infertile Quality of the Semen itself; they are to be cured, if curable, by the Remedies for Barrenness in this Chapter, taken according to the Directions for Women.

C H A P. XIV.

Of the Management of Women with Child, and the Disorders attending Pregnancy; as Loathing and Vomiting; Longing; Faintings; Looseness; Costiveness; Swelling and Pain of the Breasts; Pains of the Back, Hips, and Loins; Swelling of the Legs and Thighs; Dropsy in the Womb; Bearing-down of the Matrix; Difficulty and Incontinence of Urine; Cough and Difficulty of Breathing; Piles; Continuance of the Courses; Flooding, &c.

DURING the Time that a Woman is pregnant, every Thing that might any Way prove offensive, as all disagreeable Sights and Smells, ought to be avoided by her with the utmost Care. The Air in which she is kept, if Circumstances will permit, should be neither too hot nor too cold; but mild, clear, and refreshing. She may drink a little Wine, to comfort her Stomach, which in this Condition is always weak; and red Wine is universally held to be the most proper, especially in case of a Loathing and Vomiting. As to her Diet, particular

lar Regard must be had to gratify her Desires, especially if they arise to what is call'd Longing, because a Denial may here be dangerous to both Mother and Child. Her Food, when she has no particular Appetency, should be light, and easy of Digestion: It should be taken frequently, and not in too great Quantities at a Time. Sleep should be indulged, a Woman needing it more when with Child, than at other Times. As to Exercise and Rest, she may regulate them according to the different Periods of her Pregnancy. Exercise should at no Time be violent; but during the first two or three Months after Conception must be peculiarly moderate, for fear of causing a Miscarriage. She should be equally careful towards the Time of her Delivery: And therefore those Midwives are very bad Councillors, who, for the Sake of promoting what they call a good Time, advise to the contrary Practice. Riding on Horseback, or in a Waggon, or indeed in a Coach without great Precaution, is not safe at any Time of a Woman's Pregnancy, especially during the first and last Months of it; during the first, because it may occasion Abortion; and during the last, because it may render the Labour difficult and Dangerous, by forcing the Child into a wrong Situation. For the same Reasons Copulation should be avoided at these Times, or used with great Moderation. Riding in a Chair, or walking gently and carefully, may be at any Time indulged. But a pregnant Woman must not carry or lift
heavy

heavy Burdens, or raise her Arms too high ; for which Reason she ought not to dress her own Head. When she walks, it is proper to have low Heels to her Shoes ; and let this be a general Maxim, that too much Rest is here better than too much Exercise, let the Nature of the Exercise be ever so moderate ; for more hard Labours are occasion'd by Activity in the Time of Pregnancy, than by any other Cause. And let me again repeat it, that Copulation during the last two Months is hazardous ; because the whole Body is so much moved, and the Belly so compressed in the Action, that it is apt to put the Child into a wrong Posture, which may be attended with very bad Consequences.

A pregnant Woman should carefully moderate her Passions. Great Precaution should be taken by those about her, that she be not frightened, and that melancholy News be not suddenly told her : But tho' they must endeavour to keep her as chearful as possible, they should likewise avoid giving her any sudden Surprizes of Joy, as well as of Grief, because Excesses on either Hand may be prejudicial. Her Clothes should sit easily ; for any immoderate Pressure is apt to make the Child deformed, and may hurt the Mother by affecting her Breasts, and even causing her to miscarry. As to her Physical Regimen, if she be sanguine, or subject to inflammatory Disorders, it may be proper, now and then, to breathe a Vein during

during the Time of Pregnancy ; but especially soon after Conception, upon the total Obstruction of the Courses, and again about the sixth or seventh Month. However, unless there be some apparent Occasion, it is the general Opinion that Bleeding should be wholly avoided. Strong Purges are likewise dangerous ; therefore, when a Cathartick is found necessary, nothing more violent should be used than Cassia, Rhubarb, or Manna. The Cassia may be sucked out of the Canes, in such Quantities as are found sufficient ; the Rhubarb may be chewed, according to the same Rule ; or an Ounce and an half, or two Ounces of Manna may be dissolved in Posset-Drink, and used upon Occasion in the Morning.

Having given these general Directions for the Conduct of pregnant Women, I proceed to consider more particularly the several violent Disorders and Symptoms to which they are subject.

1. A *Nausea*, or *Loathing*, attended with a *Vomiting*, is what generally happens to Women with Child, from the Suppression of the Courses, or the Growth of the Fœtus. These Symptoms appear soon after Conception, and generally continue till the third or fourth Month. When they cease, the Mother recovers her Appetite, as also her Colour, which was before faded. But sometimes these Symptoms remain during the whole Time of Pregnancy, and increase towards the End of it, which

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which is a sign that the Child lies high. This Disorder is not dangerous, unless it continues longer than the third or fourth Month; after which it ought to be removed, lest Miscarriage should follow. When it is attended with a Hiccup, and the Pregnancy far advanced, the Symptom is thought bad. The Food, in a Loathing, ought to be light, and easy of Digestion, and taken little at a time. Acids should be used both with Eatables and Drinkables, as *Lemon Juice, White Wine Vinegar, Seville Orange Juice, &c.* Broth, mixed with the Yolk of an Egg, is very proper between whiles; and after Meals, a little Marmalade of Quinces may be taken to Advantage. Fat Meats and high Sauces, as well as sweet Things, should be forborn. Some recommend Bleeding at the End of the fourth Month, and it may not be amiss when the Patient is sanguine, but must not be used otherwise. At any Time of the Pregnancy, *fifty Drops of compound Spirit of Lavender* may be given in a Glass of red Wine, or other suitable Liquor. When the Reaching is so violent as to interrupt her Sleep, let the Patient take *thirty Drops of the Anodyne Balsam*, mention'd in *Page 45.* The following *Antiemetic Mixture* is most excellent, and may be taken between whiles, about half a Spoonful, or somewhat more, at a time, observing a due Distance from her Meals.

Take

Take Lemon Juice, two Ounces; Salt of Wormwood, one Dram; strong Cinnamon Water and Black Cherry Water, of each one Ounce; fine Sugar, enough to make it palatable.

At the same Time an Application may be made to the Stomach of the *Magisterial Stomach Plaister*, which should be kept there while the Disorder remains: And if it be cold Weather, it will not be improper to wear a Lambskin, or somewhat equally warm, over the Stomach and Belly.

If the Person be costive during her Disorder, it will be proper for her to take the following gentle Cathartick, which may be repeated as occasion requires.

Take Tamarinds, half an Ounce; Sena, one Dram; Rhubarb, one Dram and an half Boil them in a sufficient Quantity of Spring Water: In three Ounces of the strained Liquor dissolve an Ounce of Manna, and an Ounce of Syrup of Succory with Rhubarb: Mix, and take it in a Morning.

2. *Longing* is another Disorder of pregnant Women. When a Mother longs for any particular Thing, she appears pensive, dejected, and restless: Upon being ask'd the Meaning thereof, she generally confesses it, and sometimes of her own accord. If what is thus longed for can be had, it is proper to procure it immediately, as the only Way to prevent bad Consequences. When she is pos-

sels

less'd of what she craved after, she usully devours it with great Greediness, and immediately grows better.

3. A *Syncope*, or *Fainting*, and *Lowness of the Spirits*, are likewise common Attendants upon Pregnancy. The Pulse at these Times is weak, and hardly perceptible, and the Circulation languid. The Woman commonly falls into a cold Sweat, visible upon her Face; grows pale, has a Tremor upon her Nerves; feels a Sinking at the Heart, and a Pain at the Stomach. These Symptoms may happen at any time during the Pregnancy, but are usually most frequent about the fourth and seventh Months. They are seldom of bad Consequence, unless very common, violent, and of long Continuance; and then they may endanger Miscarriage: As they frequently do, when occasioned by sudden Surprise.

If the Person be plethoric, or the Fit occasioned by a Fright, Bleeding is necessary, Drops of *Tincture of Saffron and Sal Volatile Oleosum*, about thirty or forty at a Time, should be taken in Wine, Water, or any proper Cordial, by Women who are thus affected. During the Fit, proper Means must be used to bring her out of it, as by applying *volatile Salts*, and *aromatic Spirits* to the Nose, by dipping the Hands in cold Water, or sprinkling it on the Face, as in other Fits. And to compleat the Cure, let three Spoonfuls of the following Julep be taken once in five or six Hours.

Take Black Cherry Water and strong Cinnamon Water, of each three Ounces; Syrup and Tincture of Saffron, of each one Ounce; Confection of Kermes, three Drams; Compound Spirit of Lavender, half an Ounce; Sal Volatile Oleosum, two Drams: Mix. Continue the Use of this 'till a Cure is effected.

4. A Looseness happening to Women with Child, sometimes causes great Weakness, and endangers Abortion. If it continues, therefore, above four or five Days, and is attended with painful Symptoms, the Patient should take care to stop it. In order to which, the following Mixture may be of immediate Service.

Take small Cinnamon Water, six Ounces; strong Cinnamon Water, two Ounces; Diascordium, half an Ounce; Armenian Bole and red Coral, of each two Drams; Japan Earth, one Dram; Spirit of Vitriol, enough to make it agreeably acid: Mix. Let four Spoonfuls of this be taken after every going to stool.

Let her Food be easy of Digestion, and little at a Time. Claret, mixed with Water wherein Iron has been quenched, is a very proper Drink; and all Malt Liquor must be carefully avoided. Barley Broth, Rice Milk and Gruel, are proper Nourishment for her and where the Case does not require such an immediate Remedy as the foregoing, the White Decoction

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Decoction drank freely, with proper Regimen, may be sufficient. It is thus made.

Take Powder of burnt Hartshorn, two Ounces; Spring Water, three Pints; boil to a Pint and an half, with a Crust of Bread in it, and a Bit of Cinnamon: Then strain, and sweeten it with Loaf Sugar.

Lenient Purgatives, when the Case will admit of gradual procedure, should be interposed between the Astringents. The following Powder therefore may be taken every other Day, in a Glass of the White Decoction.

Take Rhapontic Powder, fifteen Grains; Oil of Cinnamon, one Drop: Mix for a Dose.

The following Bolus, Electuary, Drops, and Draught, are all excellent against a Looseness, and either the one or the other may be preferred, as the Patient shall seem inclined.

A Restraining Bolus.

Take Diascordiam, half a Dram; Armenian Bole, Japan Earth, Mastich, and Dragon's Blood, of each half a Scruple; Oil of Cinnamon, one Drop; Syrup of Mint, enough to make a Bolus. Let one of these be taken Night and Morning, drinking after it a Draught of the White Decoction.

A Restraining Electuary.

Take Armenian Bole, red Coral prepared, White Chalk, Tormentile Root, and Gum Mastich,

tick, of each half an Ounce ; Cinnamon powder'd, two Drams ; Species of Diambra and Aromaticum Rosatum, of each half a Dram ; Nutmeg and Mace, of each one Scruple ; Diascordium and Conserve of red Roses, of each half an Ounce ; Syrup of dry'd Roses and Syrup of Quinces, in equal Quantities, enough to make an Electuary. Let the Quantity of a large Nutmeg be taken three or four Times a Day, drinking after it a Draught of Tincture of Red Roses, or Red Wine and Spring Water mixed, with a Toast in them.

Restringent Drops.

Take Tincture of Japan Earth, two Drams ; compound Spirit of Lavender, one Dram : Mix. Thirty Drops of this may be taken at the Patient's Pleasure, in any proper Liquor. It may even be used together with the Bolus or Electuary, observing only that it be at proper Intervals.

A Restringent Draught.

Take Armenian Bole and fine Chalk, of each two Drams ; Japan Earth, an Ounce : Boil them in a Quart of Spring Water, and to a Pint of the strain'd Liquor add, Diascordium half an Ounce ; strong Cinnamon Water, three Ounces ; Syrup of dry'd Roses, one Ounce : Mix. Let four Ounces be taken three Times a Day.

5. The Child compressing the Intestines is apt to occasion a *Costiveness* in the Mother especially

especially towards the End of her Reckoning. This is seldom of ill Consequence, and does not endanger Miscarriage, unless when it is of that Continuance as to cause Pains in the Head, Colical Symptoms, the Iliac Passion, and the like.

If the Excrements are hardened in the Intestines, a gentle Glyster of Mutton Broth may be given occasionally, or the Quantity of a Nutmeg of the following Electuary may be taken every Night going to Bed.

Take Pulp of Cassia, two Ounces; Powder of Rhubarb, two Drams; Cream of Tartar, half an Ounce; Oil of Anniseed, four Drops; Solutive Syrup of Roses, enough to make an Electuary.

6. The *Breasts* of a Woman with child are apt to *swell* and *grow painful*, especially soon after the *Courses* disappear, and while the *Fœtus* is so small as to require but little Nourishment: This is occasioned by the large Quantity of *Blood* and *Lymph* that then flow to them. They seem also to contain a Sort of thin serous Milk. But after a few Months, when the *Fœtus* is grown larger, the Hardness and Pains go off, the *Breasts* increase in Bulk, and the *Milk* becomes more concocted, white, and perfect. The Pain and Swelling of the *Breasts* at this Time are seldom of any ill Consequence, being, if moderate, no more than natural: But in case the *Breasts* should suppurate and break, some Danger
L may

may be apprehended, especially in plethoric and vitiated Habits of Body.

The Mother, in these Cases, should be careful not to lace herself any thing tight. If the Symptoms continue 'till after the third or fourth Month, it will be proper to breathe a Vein in the Arm; but not otherwise. A gentle Purgative, such as the Electuary last mentioned, may be also made use of, if the Pain seems any thing fix'd. And by this means the Symptoms will either vanish, or degenerate into other Disorders, in which Case they must be treated accordingly.

7. The *Back, Hips, and Loins*, are apt to be affected with a *heavy and painful Sensation*, occasioned by the Weight and Pressure of the Fœtus, especially when it grows large, or after any violent Motion, and by the Distention of the Ligaments. This Pain usually proves more severe when a Woman goes with her first Child, than it does ever afterwards. When it happens naturally, without any Strain or external Injury, it is never dangerous: But when it proceeds from violent Motion, or the like, it may cause Abortion, and hath sometimes proved mortal; especially when attended with a Fever, a Vomiting, or the Hiccup.

Rest, in this Case, ought to be indulged and when it proceeds from external Injuries the Patient should be confined to her Bed. Bleeding, soon after the Injury was receiv'd will greatly conduce to the Cure; and a Dose

of the Anodyne Balsam, given according to the Directions in *Page 45*, may be taken to Advantage. A strengthening Plaister also may be applied to the Region of the Loins. But when the Pain proceeds merely from the Weight or Pressure of the Fœtus, the Belly ought to be supported by a proper Bandage, or large Swathe, fitted for the Purpose: And if the Person abound with Humours, a little Blood may be taken away.

8. The *Legs* and *Thighs* likewise, in time of Pregnancy, are subject to swell, especially towards the Close of the Day. This Symptom is supposed to proceed from an Obstruction of the Blood, that it cannot return from the Veins to the Heart, occasioned by the Pressure of the Child against the Vessels. Hence Swellings may arise in the Veins; and if the Distention be violent, Pain must necessarily ensue. A Swelling happens the readier in these lower Parts, because they are dependant; because the Circulation is but weak towards the Extremities of the Body; and because a Fulness is induced by the Stoppage of the Courses. These Swellings being thus occasioned, usually prove œdematous, that is, they pit upon the Pressure of one's Finger. They generally happen in the last Months of Pregnancy, and more frequently to sanguine and active Women than to others. They seldom prove of ill Consequence, and always cease after Delivery.

The Regimen and Diet, in this Case, should be suited to the Constitution, whether leucophlegmatic or sanguine. In the former, it should be warm and nourishing; but in the latter, thin and cooling. Bleeding may be proper, in case of a sanguine or plethoric Habit. The Legs should be placed in a horizontal Posture as frequently as possible; for which Reason, the Patient should keep much in Bed. If the Swelling prove very considerable, warm Fomentations may be made with *red Wine, Flowers of Melilot, Elder, common Wormwood, Laurel Leaves, Marjoram, and Lavender Flowers*. If any particular Knots or Distentions appear on the Veins, let Bandages, or Swathes about three or four Inches broad, be dipp'd in red Wine, or in the Fomentation, and rolled about the Part; beginning at the Bottom of the Leg, and proceeding upwards. Strait Stockings also may be made use of, and lac'd tight occasionally.

9. It sometimes happens, during the Time of Pregnancy, that there is a Collection of a watry Humour found in some particular Membranes, distinct from what includes the Child; and this is called a *Dropsey of the Womb*. Sometimes also, a soft Swelling will form itself in the Lips of the Privities, from a watry Humour deposited upon those Parts; and this is called an *Oedematous Tumor*. This frequently happens when the Woman is Dropsical, or of a Leucophlegmatic Habit; or when the Child presses so hard upon the Belly

and Bladder, as to hinder a free Discharge of the Urine, or to cause a Rupture of some of the Lymphatic Vessels ; or, lastly, when any external Injury has been received upon the Parts themselves. When the Lips of the Privities are thus swelled, they appear white, are soft, and seemingly transparent ; tho' the Swelling is seldom painful, unless caused by external Injuries. The Parts sink in, or pit upon Pressure, and are also very apt to itch ; and sometimes puff up to such a degree, that the Patient can hardly stand upright. In Case of the Dropsy in the Womb, the Belly will be swelled preternaturally, and beyond what the Time of Pregnancy requires ; and generally a Tumor of the Lips attend a Dropsy of the Womb. Such Cases may prove of ill Consequence, by straitening the Passage in the Time of Delivery. A true Dropsy of the Womb is very rare ; and when it happens, the Waters thereof commonly break away before the Birth.

The Diet in this Case ought to be chiefly solid ; and roasted Food is to be preferred to boiled. Wine, or other proper Liquors, with Broom infused in them, are esteemed excellent Drinks in all Dropsies ; but Liquids ought to be sparingly used. Common Spring Water, render'd acid with Spirit of Vitriol, may be taken to quench the Thirst, being used as a Gargle. Strong and forcing Diureticks, and violent Purgatives, tho' proper in other Dropsies, ought by all means to be avoided

voided in a Dropsy of the Womb, for fear of causing Miscarriage. A Decoction of the Woods, taken as common Drink, has been often serviceable; but nothing must be used that may cause great Commotions in the Body. Issues, being cut towards the Beginning of the Disorder, may help to discharge the superfluous Humours. Sometimes, when the Swelling was great, and a large Quantity of watry Humour contained therein, the Lips of the Privities have been scarified with Success. The following Decoction also has been recommended, as proper to foment the Parts with.

Take Leaves of Bay, Sage, Rosemary, and Camemile Flowers, of each one Handful; boil them in a sufficient Quantity of Spring Water: To a Pint and an half of the strained Liquor, add a Quarter of a Pint of French Brandy. Use it hot, with a Sponge, two or three times a Day.

Sometimes a mere Dropsy in the Womb has been mistaken for Pregnancy, as being attended with a Suppression of the Courses, and some other of the usual Symptoms: But it may easily be distinguished therefrom by the Softness of the Parts, and the Want of Turgency and Milk in the Breasts.

10. When the Fœtus is situated very low, or is uncommonly large, the Mother perceives a great Weight at the Bottom of the Belly, or has the Sensation of a *Bearing-down*, or *Pressure upon the Neck of the Womb*; and this

this may happen to be so great, as to hinder the Person from walking without considerable Pain and Difficulty. This Case also may either proceed from, or be made worse by the Whites, Falls, or other external Injuries, former difficult Labours, and the like. The Symptom is augmented by walking, upon every Discharge of Urine, and grows severe towards the Time of Delivery; so as sometimes to cause a great Difficulty of Urine, a Numbness of the Hips and Thighs, a Costiveness, or an Uneasiness in going to Stool. The Disorder, however, is seldom so violent as to occasion Miscarriage, unless it proceeds from some external Injury: But when it happens to be seated very low, or so that the Neck of the Bladder is greatly press'd, it may bring on a Suppression of Urine; which is always attended with Danger, if it proves of long Continuance; especially if the Time of Delivery be at hand.

The Woman, in this Case, ought to be placed in a pure and temperate Air, and her Diet and Drink should be of a drying and astringent Nature. Rest should be indulg'd; the Passions of the Mind moderated; and the Exercise, if any be used, very gentle. The Cure principally depends upon suspending the lower Belly, and consequently the Fœtus, by a large Swathe Band, made for that Purpose. But if the Symptom be very violent, such Astringents may be used as are before ordered for a Looseness, and for an immoderate Flux

of the Piles, *Pages 137 and 216.* Yet if the Woman be very near her Time, Astringents ought to be exhibited with Caution. When the Whites are the Cause of this Bearing-down, the Case must be treated with regard thereto; for which see the Chapter on the Whites. When it proceeds from external Injuries, Bleeding is very convenient; and afterwards the Use of Balsamick Medicines, such as the following Electuary.

Take Powder of Japan Earth, Red Coral prepared, Sperma Ceti, of each two Drams; Mastick, Armenian Bole, Dragon's Blood, of each one Dram; Conserve of Red Roses, one Ounce; Peruvian Balsam, forty Drops; Syrup of dry'd Roses, enough to make an Electuary. Let the Quantity of a Nutmeg be taken two or three times a Day, drinking after it five or six Spoonfuls of Tincture of Red Roses.

But when a Bearing-down of the Matrix proceeds from former difficult Labours, proper Cordials, and a Diet-Drink made of *Guaiacum Chips, Sassafras, and Sanders*, together with a strengthening and nourishing Diet, will be highly convenient. And if the Case be attended with a Difficulty of Urine, the Belly must be suspended in such a manner, as to remove the Weight from the Neck of the Bladder: After which, if the Difficulty still continues, a Dose of *Matthews's Pills*, to the Quantity of *six or eight Grains*, may prove effectual, if several times repeated. A

Numbness

Numbness of the Legs and Thighs, in the mean time, if violent, may be successfully treated with warm Fomentations, prepared of *Camomile and Lavender Flowers, Leaves of Common Wormwood, Camphorated Spirit of Wine, Compound Spirit of Lavender, and Hungary-Water.*

11. It often happens, during Pregnancy, that the Urine cannot be contained in the Bladder till the usual Quantity is collected: This is called *an Incontinence of Urine*. At other Times we find, that when the Bladder is loaded therewith, it cannot, without Trouble be discharged: This is a *Difficulty of Urine*. These Disorders may proceed from the large Bulk of the Child, which pressing against the Neck of the Bladder, hinders the sphincter Muscle from having its proper Play, either to hold in, or evacuate the Urine. It is towards the Time of Delivery, therefore, that these Disorders are most grievous. When they proceed from a Stone in the Bladder, or an Inflammation in the Neck thereof, the Pain is more violent than when caused by the Pressure of the Fœtus. A Suppression of Urine may prove of worse Consequence than an Incontinence thereof, especially if occasioned by an Inflammation, or the Stone. But if an Incontinence of Urine be violent, and continue for any long time, it may cause Miscarriage.

Rest in these Cases ought by all Means to be indulged: The Diet should be moderate,

rate, and not too high seasoned : When there is a violent Incontinence, the Patient should lie supine, and be confined to her Bed : But in an Obstruction, if a small Stone be the Cause, gentle Exercise may conduce to bring it away. When the Pressure of the Fœtus is great, the Abdomen, or lower Belly, should be suspended in this Case with a Swathe, as in the foregoing Article. The Woman may give herself some Ease when she makes Water, by lifting up the Bottom of her Belly with both her Hands. When the Urine is too sharp and stimulating, it must be moderated by a regular cooling Diet, by dissolving Gum Arabic in her Drinks, and by proper Emulsions of the cold Seeds, drank Morning and Evening. The following is excellent.

Take blanched Almonds, Number twelve ; the four greater cold Seeds, of each one Dram and half ; Seeds of Lettice and white Poppies, of each half a Dram : Bruise them together in a Mortar, and pour on them gently three quarters of a Pint of Poppy-Water : Make an Emulsion for two Doses, adding first one Ounce of Syrup of Violets, and half a Dram of Salt Prunel.

If the Inflammation and Heat of Urine be not thus removed, a little Blood may be taken from the Arm, especially if the Patient be feverish. Matthews's Pill is here an excellent Diuretic, and may be given

suc

such Doses as above prescribed. But when the Suppression is not to be overcome by Medicines, the Catheter must be introduced by a skilful Hand, in Order to unload the Bladder. And this Operation may be repeated as often as there is Occasion for it. If there happens to be a large Stone lodged near the Neck of the Bladder, which proves the Cause of this Disorder, it must for the present only be thrust back with the Catheter, and all other Operations deferred till after the Delivery. But in Case the Neck of the Bladder is block'd up only by a gravelly Matter, or a few very minute Stones, they may be made to pass away with the Urine, by a free Use of the foregoing Emulsion, or a *Decoction of Marsh-Mallows and Mallow-Leaves*, with *Gum Arabic* dissolved in it; interposing a few doses of *Matthews's Pill*.

12. *A Difficulty of Breathing*, attended with a *Cough*, is no unusual Symptom in pregnant Women; and seems to proceed from an over-charg'd Habit; occasion'd sometimes by a Suppression of the Menfes; but oftener by the high Situation of the Child, whence it happens to press upon the Diaphragm, Stomach, and Lungs; and consequently proves the most troublesome after eating or drinking too freely, or using immoderate Exercise. This Symptom usually increases till the Time of Delivery; and, if very violent, may procure, or at least be attended with Miscarriage.

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The Diet in this Case ought to be thin, deterfive, and moderate. Liquorice, Sugar-Candy, and Syrup of Violets, are very good, and may be frequently used. A Glyster of Milk and Sugar may be injected, when the Body is costive. The following Syrup also is very proper, and may be taken three Spoonfuls at a time, at going to bed.

Take half a Pint of red Wine; Cinnamon, one Dram; half a Dozen Cloves, and four Ounces of Sugar: Burn the Wine, and boil the whole to the Consistence of a Syrup.

Exercise, under this Disorder, should be very moderate; the Passions of the Mind well regulated, and the Clothing loose and free. Let her Head be considerably raised at going to rest, that her Posture may be somewhat erect. If either the Cough or the Difficulty of breathing be very violent, Bleeding may be ventured on, let the Pregnancy be at what State it will; especially if the Patient be plethoric, and no Symptoms indicate the contrary. A Dose of the Anodyne Balsam, mentioned Page 45, has been found of Use, where the Tickling is such as to break the Patient's Rest. But, perhaps, the following Laudanum will be found yet better, by those who can take on them the Trouble of preparing it: For it promotes Rest, without any way increasing the Malady.

Take Cinnamon coarsely powder'd, one Ounce; Salt of Tartar, one Dram; infuse in Spirit of Wine

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Wine rectify'd, a Pint : Make a Tincture.
Then,

Take of this Tincture, twelve Ounces ; Opium cut very small, one Ounce : Infuse. Afterwards,

Take Balsam of Tolu and Gum Storax, of each two Drams ; Flowers of Benjamin, one Dram : Infuse in the remaining Part of the Tincture of Cinnamon : Strain it. And then,

Take Florentine Orris Root and Liquorice, of each two Drams ; Cloves, Nutmegs, Mace, and lesser Cardamom Seeds, of each one Dram ; Contrayerva Root and Ginger, of each half a Dram : Infuse in Treacle-Water, five Ounces ; Tinctures of Orange Peels and Saffron, of each two Ounces. Lastly, to complete the Preparation,

Take Sal Volatile Oleosum, four Ounces ; compound Spirit of Lavender, one Ounce ; Volatile Salt of Hartshorn, three Drams ; Balsam of Peru, half an Ounce : Mix all the Liquors together, in order to make a Liquid Laudanum suited to the Purpose.

Twenty Drops of this Laudanum, containing about a Grain of Opium, may be taken at once in a little Canary Wine, or Pectoral Decoction, at Bed-time. It is a most excellent Composition : But the common Laudanum may be adapted also to the same Use, where this cannot be conveniently prepared, and will be found very effectual.

Take Sydenham's Liquid Laudanum, one Dram ; Balsam of Sulphur anisated and Bal-
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jam of Peru, of each one Dram: Mix. Let thirty Drops of this be taken at any Time, as the Case requires.

In these Compositions, all the hurtful Qualities of the Opium are sufficiently corrected.

23. Pregnant Women are often troubled with *the Piles*, from a Fulness and Turgency of the hæmorrhoidal Vessels, occasion'd by the Obstructions of the Courses, Costiveness, or the Pressure of the Fœtus. The Piles in this Case are very apt to bleed; which proving moderate, and happening about the Time of the Suppression of the Courses, may be advantageous: But if the Flux be violent, and attended with great Pain and Swelling of the Part, it may occasion Miscarriage, or greatly weaken the Child. If the Patient be costive, the Swelling internal and large, the Pain great, and the Symptom proceed from the Pressure of the Fœtus upon the Part, the Cure is difficult.

The Diet in this Case should be slender and cooling, and the Exercise gentle. Rest ought to be indulged; and when the Symptom is violent, the Patient would do well to keep much in Bed; or, when up, to seat herself easy, in a reclining Posture. Bleeding in the Arm, and other gentle Evacuations, are proper in order to the Cure, if the Suppression of the Courses appear to have been the Cause. But if it proceed from Costiveness, a gentle Purge of *Cassia and Rhubarb*,

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barb, or a solutive Glyster of *Milk and Sugar*, may be given now and then, to keep the Body open. The following Electuary has been found very serviceable.

Take Lenitive Electuary, two Ounces; compound Powder of Sena and Flowers of Sulphur, of each two Drams; Oil of Anniseed, six Drops; Syrup of Damask Roses, enough to make an Electuary. Let the Quantity of a Nutmeg be taken every Night going to Bed, till the Cure is effected.

When the Swelling is great, hard, and external, Leeches may be applied to draw off the superfluous Blood: When soft, it hath sometimes been found necessary to open it with a Lancet. In all other Respects, this Case is to be treated as the common Piles, for which see Chapter X. Only observe, as in other Disorders occasioned by the Pressure of the Foetus, that the Weight must be supported by a proper Contrivance.

14. Some Women, tho' they have actually conceived, will, thro' the Course of their Pregnancy, *continue to have a regular periodical Shew of the Monthly Terms.* This happens chiefly to Women of a plethoric or sanguine Constitution; those who have a thin sharp Blood, or are subject to a Weakness in the Vessels of the Womb. The Flux, in this Case, is commonly less than what was natural before Pregnancy. During the first four or five Months it is not unfrequent, and

and may be attended with no ill Consequences either to the Mother or Child: But if it continues after the fourth Month, or the fifth at most, which sometimes happens, a Cure should be immediately attempted; because otherwise the Child generally proves weak, sickly, and short-lived. When it continues after the sixth Month, Abortion is frequently the Consequence. And sometimes too, it may be proper to endeavour a Cure before the fourth Month; as when the Heat and Sharpness of the Blood, and not the Abundance, is supposed to cause it; which may be known from the Quantity usually voided, at every Period, before Pregnancy.

To stop this unseasonable Flux, the Patient should be kept in Bed, or at least in a very quiet Posture. She should forbear all Things, that may heat the Blood, especially Anger, and the Use of Venery. Her Diet should be strengthening, astringent, balsamic, and cooling; such as, Broths made of Chicken, Necks of Mutton, Knuckles of Veal, with cooling Herbs boiled in them. She may eat new-laid Eggs, Jellies, Rice-Milk, Barley-Broth, and the like; and Iron should be quenched in her common Drink. Bleeding may be safely used, in case of Fulness of Blood, till after the fifth Month; tho' some recommend Cupping instead thereof. It will be of great Service to take a Dram of prepared red Coral, twice a Day, in a Glass of Claret, or Tincture of red
Roses.

Roses. In other Respects, this Disease is to be treated as an immoderate Flux of the Courses, or as the Whites, due regard being had to the Circumstance of Pregnancy.

15. When, during the Pregnancy, there happens a continual Flux of Blood from the Privities, attended with Pain, it is called *Flooding*; and distinguished from the Courses in being continual, whereas the other is only periodical. This Symptom is apt to happen in Case of a Mole, or false Conception, as well as in a real Pregnancy. A Surprise also, any immoderate Passion, Falls, or other external Injuries, may cause it. 'Tis usually attended with very great Pain, and sometimes the Waters come away along with the Blood. The Discharge is uniform and constant, unless it be obstructed by clotted and grumous Blood; which being once removed, it returns with greater Violence. And if the Flooding thus continues for any long Time, it throws the Patient into Faintings, and sometimes into Convulsions. All Floodings, from what Cause soever they proceed, endanger Miscarriage, unless speedily stopp'd; and always prove mortal when violent, or of very long Continuance.

Upon the first Appearance of this Symptom, the Patient should immediately be put to Bed. Let her avoid all Motion, and carefully guard against the Passions of the Mind. If the Flux be moderate, open a Vein by way of Revulsion; and let her take four Spoonfuls

Spoonfuls of the following *Restringent Anodyne Julep*, repeating the same frequently after shaking the Bottle.

Take Waters of Plantain and Oak Buds, of each six Ounces; Cinnamon bruised, one Ounce; White-wine Vinegar, two Ounces; red Coral prepared, two Drams; Japan Earth and Dragon's Blood, of each one Dram; Liquid Laudanum, forty Drops; Syrup of white Poppies, one Ounce: Mix.

But when the Case is violent, it will admit of no Delay for the Operation of Medicines. Unless a Miscarriage therefore suddenly happens, the Delivery must be attempted directly, by breaking or cautiously cutting the Membranes that include the Child. This requires a skilful Person, who must immediately extract the Child, and also the whole After-Burthen; for that being left behind, would make the Flooding still more violent, which would bring on Convulsions, and very soon Death itself. After the Affairs of Delivery is over, the Opiate above may be given to great Advantage, in order to procure Rest, and stop the Flux. But if the Disorder be still violent, and there seems to be imminent Danger of the Patient's Life, the present Remedy is a Dose of the *common astringent Powder*, prepared of *Steel* and *Tartar*. It must be taken in Brandy or some other spirituous Liquor. Warm Vinegar to smell to, and a Toast dipp'd in

Wine

Wine and Cinnamon, and applied to the Region of the Heart, have been found of Service; as have also Napkins dipp'd in Water and Vinegar, and applied along the Reins. After the Flux is once stopp'd, either by the astringent Powder, or repeated Doses of the Opiate, to which may be occasionally added an astringent Injection, as in common Flooding; the Cure may be finished, and a Relapse prevented, by the same Remedies as are for an immoderate Flux of the Courses.

16. I must say a Word or two concerning those Women, who during the Time of Pregnancy, have a *venereal Taint* communicated to them. If this happens near the End of the Reckoning, the Cure is usually deferr'd till after Delivery: But if between the Time of Conception and the fourth Month, it is allowed that a Cure may be directly begun, and happily finished without Danger either to Mother or Child. Strong Purgatives, however, must here be omitted; and therefore some recommend a gentle Salivation, as the only safe Method. But there is nothing, in this Case, that equals the *efficacious Drops*, or *powerful Elixir*, prescribed in Page 48 of this Book. It is one of the most safe and certain Remedies that ever was invented. Let the Woman therefore immediately have Recourse to this, as soon as she finds herself infected, observing the Directions given in the former Case, where it is recommended. She may venture upon this even in the sixth

sixth or seventh Month, provided the Disease be fresh contracted, and thereby prevent the Ruin of her Child ; for an Infant born with this Distemper on it, is seldom relieved afterwards. It is a very idle and wicked Thing, therefore, for Women to trust to their Delivery, in Hopes that, by that Means alone, they may be perfectly freed from any venereal Disorder ; whereas, on the contrary, they thereby not only give their Children Cause to complain of them for ever, but make the Cure more difficult with Regard to themselves, by suffering the Disease to spread and gain Ground.

C H A P. XV.

Of Moles, False Conception, and Miscarriage.

A *Mole* is a Lump of fleshy Matter, without Bones, Joints, or Limbs, of no certain Figure ; generated in the Womb, but wanting the Womb-cake and Navel-string ; and adhering close to the Womb, from whence it receives its Nourishment ; being usually included in a Membrane, interspersed with various Vessels. A *false Conception* is the Miscarriage, or untimely Delivery of a Mole, at about the second Month after its forming.

Moles are usually supposed to proceed from violent Force, or external Injury, received after

after Conception, whereby the tender Rudiments of the Fœtus are crushed, and blended together in one common and undistinguished Mass of Flesh, which cannot readily be discharged out of the Womb; the Mouth whereof is closed upon Conception. It is generally suppos'd, that Moles cannot be generated without the joint Concurrence of both Sexes.

A Mole being of a membraneous, or actual fleshy Substance, may be easily distinguished from that seeming fleshy, or concremented Matter, which is often discharged upon a long Suppression of the Courses: For, upon Examination, the latter will appear to be nothing but coagulated Blood, unless there has been some Venereal Intercourse between the Sexes. The Matter of a false Conception seems to be more membraneous than a perfectly formed Mole, and usually contains some Quantity of a corrupted Humour. When a Woman goes with a Mole, her Belly is harder, firmer, and feels heavier than when she goes with a quick Child. She is seldom free from Pain, and, when the Mole grows large, upon turning herself in Bed, she feels, as it were, a dead Weight, or a heavy lumpish Matter, roll and fall from Side to Side. The Breasts, in this Case, do not swell so much as when there is a real Child; and contain but little Milk, if any. The Complexion of the Face fades, and grows of a dead or leaden Colour; and the Patient is more disordered than in a natural Pregnancy. And if, besides the Signs above-

above-mentioned, she feels no Motion or Struggling in her Womb after the fourth or fifth Month, there is very great Room to suspect it no real Conception: But the Matter is beyond all doubt, if the Signs hitherto mentioned remain the same a considerable Time after her Reckoning is expired.

False Conceptions are less dangerous than Moles; yet a Miscarriage of this kind may prove of worse Consequence than a Miscarriage of a Foetus; because, in a false Conception, the Flooding is usually more violent, and of longer Continuance. Moles have soon prov'd mortal in some Women; but others have gone with them for several Years together. The Flooding, in this Case, often happens long before the Exclusion of the Mole. The Danger attending Moles increases in proportion to their Bulk, their Continuance in the Womb, and their Degree of Adhesion or cleaving thereto; joined with the Age, Strength, and Constitution of the Patient. When they are of long standing, they are apt to degenerate into Scirrhus Tumors or Cancers, and to occasion Barrenness, and a great deal of Misery: Of which Cases I have already treated at large.

The Regimen in case of a Mole, or false Conception, is quite the Reverse of that required in a real Pregnancy. Violent Motion, if seasonably used, may conduce to ease the Patient of her Load. In general, whatever tends to promote the Courses, forward difficult Labours, and hasten the After-Purgations,

tions, may be serviceable here: For which consult the respective Chapters, But after the Mole is once discharged, or extracted, the Regimen proper in case of Abortion, or after Delivery, is convenient in the present Case. In particular, when the foregoing Signs conspire to assure us that a Mole, or false Conception is actually forming, the first Thing to be done is, to use proper emollient Liniments, in order to relax the Parts, and particularly the Orifice of the Womb, which in a false Conception is less dilated than in a Mole. The following Liniment is excellent for this Purpose.

Take Ointment of Marsh-Mallows, two Ounces; Oil of Camomile, one Ounce; Oil of Mace by Expression and chemical Oil of Rue, of each one Dram; chemical Oil of Savin, half a Dram: Mix. Let the Privities, both within and without the Lips, be frequently anointed with this.

After a few Days proceed to strong Diureticks, or emollient purgative Glysters, which may be repeated in proportion to the Strength of the Patient, according to the following Prescription.

Take common Glyster Decoction, ten Ounces; Lenitive Electuary and Oil of Elder, of each two Ounces; Emetic Wine and Venice Turpentine, of each six Drams; the Yolk of one Egg;
Oil

Oil of Rue, and Ceymical Oil of Juniper, of each one Dram: Mix, and inject.

And if the Woman's Strength will permit, she may take the following Purge once in four or five Days, or with greater or lesser Intervals, according as she finds it affect her.

Take fine Rhubarb and Sena Leaves, of each one Dram and an half; Salt of Tartar, one Scruple; infuse them in four Ounces of Spring Water: To two Ounces and an half of the strain'd Liquor add, Bitter Cathartic Salt, six Drams; Gum Arabic, two Drams; Salt Prunel, one Dram; Syrup of Buckthorn, six Drams; Sweet Spirit of Nitre, two Scruples; Oil of Savin, two Drops: Mix for a Draught.

Women of very strong Constitutions may take fifteen Grains of Calomel over Night, and the Potion or Draught above prescribed the Morning following. But if all these fail of Success, Recourse must be had to strong Snuffs and Vomits, in order to agitate the Body. Bleeding also in the Ankle, or elsewhere, is very proper. And a Pessary may be thus prepared, in order to hold in the Sheath at convenient Times.

Take Species of Hiera Picra, half an Ounce; Oils of Pennyroyal, Savin, and Rue, of each five Drops; common Honey, or Mithridate, enough to make a pretty stiff Paste, which mould into a proper Form.

When

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When Time will allow, the Procedure may be as in an obstinate Suppression of the Courses, or a difficult Labour, with proper Fomentations and Injections, which must not however be made too stimulating. But it frequently happens, that the Flooding is so violent, that there is no Opportunity to regard any other Symptom; this being of such Moment, that the others are trivial to it. Opiates, such as in *Page 234*, and the Astringents prescribed for an immoderate Flux of the Courses, must here be immediately call'd in, in order to stop the Flux. The emollient Liniment mentioned *Page 239*, being speedily applied to the Parts, the Hand of a skilful Person, having been properly anointed, must be introduced into the Neck, up to the Womb, and the Membrane containing the Mole, or false Conception, laid hold of with the Finger, and gently pull'd away. If the Finger be insufficient for this Purpose, Recourse must be immediately had to the Use of the Cranes-bill, or Forceps, in the Hand of a qualified Person; there being no Time to lose in this desperate Case. But when Labour-Pains come on at the expected Time of Delivery, a Mole may commonly be brought away after the usual Manner, without the Help of an Instrument. However, it sometimes adheres so strongly to the Womb, especially when it has remained long therein, that there is need of yet other Instruments; for the Use of which I shall give no Directions, because

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only the skilful must meddle with them. When the Womb is scirrhus, it is proper, after the Extraction, to inject into it a Solution of Balsam of Peru, with the Yolk of an Egg, provided the Flooding be not violent. In other Respects proceed as in a scirrhus Tumor. See Page 154, &c.

Abortion, Miscarriage, or an untimely Delivery of the Fœtus, may proceed from various Causes; as immoderate Evacuations, violent Motions, sudden Passions or Frights. It may happen at any Time of Pregnancy; but if before the second Month, it is usually called a false Conception, as I before observ'd. A Fever commonly precedes it, either continual or intermitting; also a Pain in the Loins and Head, a Heaviness of the Eyes, a Bearing-down and Pressure of the Belly; and when the Time of Miscarriage is just at Hand, the Pains are much the same with those in Labour, and felt principally about the Os Pubis and the Os Sacrum. The Breasts, which before were tight, now subside and become flabby; the Patient is apt to faint, and a watry Humour ouzes out from the Womb, upon which follow the Breaking-down of the Waters, Flooding, and the other Symptoms.

Miscarriage seldom endangers the Person's Life, unless when attended with some of the following Circumstances; namely, if the Pregnancy be far advanced, so that the Child must needs be large; if the Cause of it was
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some Violence; if the Patient is strongly convulsed; if a large Flux of Blood either precede or follow it; if the Woman is of a weak Constitution; if the Fœtus be putrified; if the Woman was never before delivered of a live Child. Without one or the other of these, the Patient generally does well.

Upon the first Appearance of the Symptoms of Miscarriage, the Woman must be put to bed. There she should be careful to keep her Mind calm. Her Food should be easy of Digestion. For drink she may use Wine, diluted occasionally with Water: But in case of a Looseness, or large Flooding, the White Decoction is the most proper Liquor. In other Respects, the Diet must be suited to the particular attendant Symptoms.

To prevent Miscarriage, when the first Signs of it appear, we must endeavour to remove those particular Indispositions that may occasion it. Fullness of Blood, or ill Humours, may be remedied by immediate Bleeding. After which, let the following Bolus and Draught be taken.

Take Powders of Red Coral, Japan Earth, astringent Saffron of Steel, and Armenian Bole, of each fifteen Grains; Saffron, five Grains; Confection of Kermes, half a Dram; chemical Oil of Nutmeg, one Drop: Make a Bolus. Let it be immediately taken, drinking after it as follows.

Take small Cinnamon Water, two Ounces ; Dr. Stephens's Water, six Drams ; Syrup of Citron Peels, half a Dram ; compound Spirit of Lavender, one Dram : Mix. Or this,

Take Diascordium, half a Dram ; Blood-stone, Mastick, Dragon's Blood, Kermes Berries, of each half a Scruple ; Oil of Cinnamon, one Drop ; Syrup of dry'd Roses, a sufficient Quantity : Make a Bolus. Let it be repeated once every five Hours, drinking after it each Time four Spoonfuls of the following Julep.

Take Black Cherry Water and Mint Water, of each three Ounces ; Aqua Mirabilis, two Ounces ; Preparation of Pearls, two Drams ; Spirit of Saffron, half an Ounce ; fine Sugar, a sufficient Quantity.

In case of violent Flooding, the following Mixture has been found admirable.

Take Waters of Plantain, Frog-Spawn, and Oak-buds, of each two Ounces ; strong Cinnamon Water and best Vinegar, of each one Ounce ; Diascordium and Armenian Bole, of each two Drams ; Japan Earth and Blood-stone prepared, of each two Scruples ; liquid Laudanum, thirty Drops ; compound Spirit of Lavender, one Dram ; Syrups of Coral and wild Poppies, of each half an Ounce : Mix. Let four Spoonfuls be taken once every three Hours

Hours, shaking the Bottle before you pour it out.

If the Flux be not check'd in a moderate Time, proper Fomentations, Injections, Fumigations, and the like, may be used to Advantage; as in case of an immoderate Flux of the Courses. It may likewise prove of some Benefit, to apply the following Plaster to the Region of the Loins; where it is thought to constringe the Fibres, and tend to restrain the Flooding.

Take Oxycroceum, Red Lead Plaster, Paracelsus's Plaster, and Plaster against Ruptures, of each a like Quantity: Mix. Spread them upon Leather properly Cut, and apply to the Loins.

Sometimes a Tenesmus, or a frequent but ineffectual Inclination to go to Stool, attends the other Symptoms of Abortion. In this Case Rhubarb is very good, given with proper Balsamicks, or Mucilages. The following Bolus, likewise, is well contrived for the same Intentions.

Take compound Powder of Sena and Rhapontic Powder, of each one Scruple; Oil of Cinnamon, one Drop; London Laudanum, half a Grain; Syrup of Violets, enough to make a Bolus. To be taken in a Morning fasting, and repeated as often as the Case may require.

The Night after taking the Bolus, let a gentle composing Dose be administered, and then proceed to the Use of Glysters, for which the following Form is one of the best that can be chosen.

Take Whey, or Mutton Broth, four Ounces ; Canary Wine, two Ounces ; Gum Arabic, half an Ounce ; Gum Tragacanth, one Dram ; crude Opium, two Grains : Make a Glyster, to be repeated two or three Times a Day.

When Abortion seems to be threatned by an habitual Weakness, or Laxity of the uterine Vessels, it is to be treated as the Whites : But, above all, the Decoction in Page 124. may be highly serviceable.

When Swellings, Ulcers, and other Diseases of like Nature, seem to promote a Disposition to Miscarriage, they must be severally treated according to the respective Directions in Chap. XI.

When the Flooding is attended with a breaking out of the Waters, and violent Pain at the Bottom of the Belly, the Time of Abortion is judged to be near. In this Case the Use of Astringents must be omitted, and the Discharge promoted. The Midwife is here to perform her Part, as in case of a timely Birth, with due Regard to its being natural, or unnatural. The same internal and external Remedies, which tend to bring away the Secundines, and promote the Child-bed Purgations, are here always proper. I

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shall not enlarge therefore on the Article of Miscarriage alone, but refer to the following Chapters, concerning Delivery and the Disorders consequent of it, the same Circumstances being common to both Cases.

C H A P. XVI.

Of the Symptoms preceding, and Disorders attending a natural Delivery; with Directions for performing the Midwife's Office: Also of managing a New-born Infant.

WE call that a *natural Birth*, which happens in about forty Weeks after Conception, unattended with any extraordinary or uncommon Symptom; when the Foetus, growing gradually large, comes at length, together with the Waters and Secundines, to make a considerable Pressure upon the Orifice of the Womb; which, added to the increased Strugglings, or Motion of the Child, causes an uneasiness to the Mother, and a Desire of being freed from her Burthen, now ready to break its Way. By the Increase, or Continuance of these Causes, the Membrane containing the Child is at length broken; when the collected Waters issuing forth, lubricate and relax the Orifice of the Womb, and all the internal Parts of the

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Sheath;

Sheath; which upon this the more readily give way to the Motion of the Child, and the frequent repeated Contractions of the abdominal Muscles, called the Throws of the Mother.

About the seventh or eighth Month after Conception, but sometimes later, a considerable Motion of the Child is felt in the Womb; at which Time it is generally turn'd by the prevailing Weight of its Head, or tumbled downwards with its Face to the Mother's Back. At the End of about nine Kalendar Months, or a little more, when the Hour of Delivery is at hand, there appears a Sinking or Flatness on the upper Part of the Belly, the Burthen then falling to the lower. A slimy Matter also flows through the Passage of the Womb. The Mother has periodical Pains in her Belly, like those of the Cholick, and distinguished from them only by their Seat, as lying more towards the Bottom of the Abdomen. These Pains are apt to increase; and returning by Intervals, seize the Region of the Loins, as well as the Belly. Hereupon the Face appears somewhat inflamed; the Pulse and Respiration are quick and short; a Drought, and sometimes a Hoarseness of the Voice attends; as also a Vomiting and universal Trembling, but especially in the Legs and Thighs. All these Symptoms increase gradually, as the Time of Delivery comes on; which is commonly preceded by the
Discharge

Discharge of a thickish Humour, tinged with Blood, vulgarly called *the Sherws*; and esteemed a certain Sign of the sudden breaking of the Membranes, and issuing forth of the Waters. And now, upon Examination, the Orifice of the Womb will be found dilated: Soon after which the Membranes break, the Waters come away, and, in case of a natural Birth, the Woman is immediately delivered, with proper Assistance.

If no unusual Symptoms appear, the Midwife may prognosticate a safe and speedy Delivery; the whole Affair being usually over in six or eight Hours time at the farthest, and often much sooner. 'Tis not uncommon to mistake the turning of the Child in the Womb for a Symptom of ensuing Labour; and sometimes the real Labour-pains have been taken for a Fit of the Cholick; but both, however, may be pretty certainly distinguished, by those who attend to the Symptoms already set down; which every Child-bearing Woman, therefore, should well observe.

The Labour-pains being apt to cause a Fever, the Regimen should by no means be stimulating, or such as may quicken the Motion of the Blood. Jellies, Chicken-Broth, and a soft balsamic nourishing Diet, are the most approved in this Case. The Flesh of Chicken, Veal, and the like, are allowable in small Quantities, where there is no immediate Danger of a Fever. Wine, occasionally

sionally diluted with Water, may be used for common Drink, for some Time both before and after Delivery. It is customary, in the very Hour, to administer a Glass of some cordial Water between whiles, which is thought to facilitate the Labour. The Use of emollient Glysters, made of *Marsh Mal- lows, Common Mallows, Camomile Flowers, and the like, with Syrup of Buckthorn, Leni- tive Eleſtuary, Emetic Wine, Venice Turpen- tine, Oils of Elder, Rue, &c.* is requisite in Case of Costiveness, or where the Excre- ments are collected and hardened in the Bowels, so as to prevent, in some Measure, the Delivery. But this Obstruction, when it happens near the expected Time, should, if possible, be removed before the Labour- pains come on. 'Tis also usual to anoint the Sheath and internal Cavity, with fresh But- ter, or some proper Ointment, which every good Woman knows how to procure, in or- der to forward the Exclusion of the Child, and relax the Parts.

Delivery is to be performed in the fol- lowing Manner. The Woman being con- veniently seated in a Chair, or rather placed upon a Bed, with her Head and Breasts raised high, and proper Matters under her to receive the Waters, &c. the Midwife, by introducing her Finger, from time to time, into the Womb, and comparing the several Symptoms together, and especially when the *Shews* appear, learns that her Assistance

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is necessary. She then anoints her Fingers, and introduces first one, and then another into the Womb, 'till at length the whole Hand gains Entrance. With this Hand, the Membranes being now broke, she takes hold of the Child's Head, which in a natural Posture lies downwards, with the Face towards the Mother's back; the Arms also being stretched out, and lying parallel to the Sides. And now she endeavours, by gentle Means, to draw it forth gradually, in the Manner she finds it; the Mother, all the while, regulating her Throws, and managing her Breath so as to forward the Operation; which is commonly easy and expeditious, unless the Parts prove strait, and the Head of the Infant large. When once the Child is advanced so far as the Ears, the Midwife takes hold of both Sides of the Head, with both her Hands, and gradually pulls it forwards up to the Shoulders, which often prove a considerable Obstacle. And if the Child remains long in this State, it generally endangers Suffocation. When once the Shoulders have made their Way, the other Parts usually follow without much difficulty, except the Hips. The Child being quite extracted, the next Thing to be brought away is the Womb-cake, or After-burthen, as 'tis usually called: In order to which, the Navel-string must be gently drawn forwards; and upon this, the Secundines, or Burthen will follow. Great Care must here be taken, that

that no Violence is offered in drawing the Navel-string too strongly, for fear it should break, and the Burthen should cleave to the Womb. In that Case, the Midwife must be obliged again to introduce her whole Hand, in order to extract it. She must separate it in a very gentle Manner, yet so as that no Part be left behind ; which might prove the Cause of Convulsions, violent Flooding, or even Death itself. After the entire Extraction of the Child, and the After-burthen, the former is separated from the Mother by immediately cutting the Umbilical Chord, or Navel-string ; Care having been taken of it while the After-burthen was drawn out, which, in natural Births, is generally performed with a great deal of Ease.

The Navel-string is cut after the following Manner. When about a Quarter of a Yard of it is extracted, upon drawing away the Secundines, a Wax-thread is passed several times round it, at the Distance of two or three Inches from the Child's Navel ; and again at about two Inches from the first Ligature, towards the Mother : Then the Chord is immediately cut asunder with a Pair of Scissars, between the Ligatures, and that Part of it which belongs to the Mother, is gently put up again into the Womb ; what belongs to the Child being carefully placed between two Bolsters, and turned up towards the Pit of the Stomach : Or, which is customary, the Navel-string is first wrap-
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ped up in a fine Linen Rag, and secured with the Swathe, or Belly-band. Great Regard must be had to the tying of the Thread ; that it be not too tight, for fear of its cutting the Navel-string asunder in that Part ; whence a mortal Flux of Blood might ensue : Nor too slack, for fear it should not close up the Vessels, so as to prevent the Blood from coming out which flows to the Part. Such a Flux of Blood as has proved fatal, hath sometimes happened several Days after the Birth of a Child ; tho' that Part of the Navel-string which was left with it, in the common Course of Things, withers away of itself, and falls off in nine or ten Days Time. After the withered String is thus fallen off, the Navel frequently remains tender for some Time. When this happens, it is proper to apply to the Part a soft Compress, dipped in warm Milk ; but if it appear discoloured, a little Brandy ought to be mixed with the Milk. In case of a running Soreness, or Suppuration of the Part, let it be dressed with *drying red Ointment*, or *Ointment of Pompholyx*.

After the Delivery of one Child, the Midwife ought to be well satisfied that there is not another remaining behind, before the Mother to be put to bed : An Error or Neglect of this Particular being succeeded by violent Flooding, which is sometimes fatal. She may be satisfied by putting up her Hand again, when if there is another Child, she will

will find another Water gathering. The first Navel-string must then be cut, without attempting to extract the After-burthen, 'till the whole Delivery is over. In case of Faintness, during the Time of Delivery, the Patient is to be supported by Cordials, but more particularly by volatile Spirits, or Salts, frequently applied to the Nose: For these, by their stimulating Particles, may assist in promoting the Throws, and procuring the Exclusion of the Child, at the same Time that they prove otherwise serviceable. When the whole Affair is over, the Woman, if she were delivered up, is speedily to be put into a warm Bed; and a proper Cordial, or a Glass of hot Wine, ought to be instantly given her. A soft Compress also ought to be applied hot to the Womb, to promote the Flux of the Child-bed Purgations, and renewed twice or thrice in an Hour, or as Occasion shall require. For the same Purpose, 'tis likewise customary to bind a large double Linnen Cloth, first made hot, about the Belly, which, if there be a Necessity, may be gently pressed now and then with a warm Hand. Soon after the Woman is composed, or come a little to herself, 'tis a usual Thing, among the Rich, to give *a Dram, or more, of Spermaceti, mixed with an equal Quantity of Venice Treacle*, once in five or six Hours; or, *a Dram of Confection of Kermes*; washing it down with a little warm Wine, or the like. But either of the following is much cheaper, and

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and possibly may be as serviceable. Its Intention is to lubricate and cool the Inside of the Throat, which is usually heated and hoarse by continual Cries, and holding the Breath, in order to bear down the Throws, during Labour.

Take Oil of Sweet Almonds, fresh drawn, two Ounces ; Syrup of Maiden Hair, one Ounce ; Liquid Laudanum, thirty Drops : Mix. Let the Quantity of a Spoonful at a time be taken between whiles.

Or,

Take Penny-royal Water, half a pint ; compound Bryony Water, four Ounces ; Syrup of Mugwort, one Ounce and an half : Make a Julep. Three Spoonfuls at a Time, every fifth Hour, is the common Dose.

The following also is an admirable Cordial, approved in the present Case, by long Experience, and highly recommended by Physicians of the greatest Reputation.

Take Penny-royal and Rue Waters, of each three Ounces ; Hysteric Water, two Ounces ; Syrup of Poppies, six Drams ; Syrup of Mugwort, half an Ounce ; Tincture of Castor, three Drams ; Sydenham's Liquid Laudanum, two Scruples : Mix. The Dose is six Spoonfuls immediately after Delivery, and to be repeated afterwards as the Patient finds herself restless, and subject to Pains.

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For the two first Days after Delivery, the Childbed Woman should be pretty sparing in her Diet, which ought to be chiefly liquid, and consist of Panada, Gruel with White Wine, and the like. Chicken Broth, or Jellies, may be freely drank of; and, every now and then, a Dish of the common White Wine Caudle, hot. This Preparation is held to be wonderfully serviceable in promoting the Childbed Purgations, or Lochia; which ought by all Means to be encouraged, an Obstruction thereof being apt to cause Convulsions, Tremblings, and other nervous Disorders. About three or four Days after Delivery, the Patient may be allow'd the Use of boiled Chicken, or Veal, if there be no Danger of a Fever; and if the Appetite will serve, or the Constitution require it, Lamb or Mutton may, after this Time, be eaten with Moderation; and so continued, 'till the common Method of feeding be introduced again by Degrees.

Rest and Sleep should be very much indulged, for a considerable Time after Delivery; but if thro' Pain, Fatigue, or any other violent Symptom, it cannot be naturally obtained, the Nurse should endeavour to promote it by artificial Means. To which purpose she may exhibit occasionally, the following Draught.

Take small Cinnamon Water and Penny-royal Waters, of each one Ounce; Hysteric Water,
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six Drams; Liquid Laudanum, Tincture of Castor, and Sal Volatile Oleosum, of each fifteen Drops. Mix for a Dose.

The regular Flux of the Childbed Purgations, should, as much as possible, be promoted thro' the whole Time, by a suitable Posture of the Body; as lying with the Head and Belly raised. And if the Woman be very costive, during the two first Weeks of her lying-in, it will be proper now and then to give a *Glyster of Milk and Sugar*, in which a few Carminative Seeds have been boiled and strained out, such as *Carraway, Cardamoms, Aniseed, and Fennel*: The Use of these being more successful, and less dangerous, than purgative or laxative Medicines, given by the Mouth. But in the third Week, and afterwards, such gentle Lenitives as stew'd Prunes, Manna, Cassia, and the like, may be safely made use of. The Passions of the Mind ought to be cautiously regulated during the whole Time of Lying-in, or for a complete Month after Delivery. The Air is to be admitted or excluded the Room, by a judicious Nurse, according to the Heat of the Season, the Constitution and present Condition of the Patient; for which no certain Rules can be given: But too great Care cannot be taken to prevent catching Cold, especially during the first Week, by the Use of damp Linen, cold Liquors, or exposing any Part of the Body, especially the Belly, to the open Air: For
this

this sometimes causing a Stoppage of the Lochia, throws the Patient into imminent Danger of her Life. If no particular Symptoms direct the contrary, the Woman may rise in about a Week after her Delivery; and sit up for an Hour or two at a Time, if her Strength will bear it. But this cannot so soon be complied with by some Women, who are of delicate and weak Constitutions. In Case of Faintness, or great Weakness, the following Drops are very serviceable, being taken occasionally in a Glass of warm Wine.

Take Sal Volatile Oleosum, three Drams; Tinctures of Castor and Saffron; and compound Spirit of Lavender; of each one Dram: Mix. Let thirty or forty Drops be taken at a Dose, to be repeated as the Case requires.

The Lochia, or Childbed Purgations usually continue to flow for the Space of thirty Days; during which Time, among us, it is customary for the Woman to keep within Doors, and chiefly in her Bed: But some particular robust Constitutions in *England*, as well as elsewhere, can easily dispense with the Rigour of this Custom, and venture abroad in eight, ten, or fourteen Days after Delivery; when the Lochia being fresh upon them, they cannot but run a considerable Hazard. It is therefore more adviseable for such to keep within their due Time, as well for their own Sakes, as that they may not bring a Reproach on weaker Women, who find a Month little enough

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enough to re-establish their Health. After the Disappearance of the Lochia, it is customary, and very proper, for the Woman to take a gentle Purge or two, before she leaves her Chamber. The following is a proper Form.

Take Sena Leaves, two Drams ; sweet Fennel Seeds and Rhubarb, of each two Scruples ; Salt of Tartar, twelve Grains ; infuse in a sufficient Quantity of Rue Water : To two Ounces and an half of the strain'd Infusion add, Syrup of Buckthorn, and solutive Syrup of Roses, of each half an Ounce ; Tincture of Castor, two Scruples ; Spirit of sweet Nitre, twenty Drops : Mix for a Draught. Let it be taken in a Morning, with due Regimen, and repeated two, three, or four Times, according as there shall appear to be Occasion.

If the Woman, during her Month, is afflicted with flying Pains ; which not unusually happens, especially from taking Cold ; it will then be proper to give a gentle Sweat, in the following Manner :

Take Venice Treacle, two Scruples ; Contrayerva Stone and Diaphoretic Antimony, of each fifteen Grains ; Syrup of Poppies, enough to make a Bolus. Let it be taken going to Bed, and after it the following Draught.

Take Alexiterial Milk-water, and Pennyroyal Water, of each one Ounce ; Treacle Water, six Drams ; Syrup of Saffron, half an Ounce ;

Ounce ; Sal Volatile Oleosum, one Dram : Mix them well.

If this Bolus and Draught, repeated two or three Times, as there is Occasion, should fail of removing the Pains ; the Woman who has lain in, after she goes abroad, may make use of the Bagnio.

I come now to consider in what Manner the Child should be treated, after it is separated from its Mother. And first, a proper Linen Cloth, and warm Flannel, being provided for its Reception, it must be immediately laid thereon, and carried to the Fire, there to be kept warm, while the Midwife performs the remaining Part of her Office to the Mother. But if the After-Burthen be long in bringing away, it will be proper in the mean Time gently to wash the Infant, with a soft Linen Rag dipp'd in warm Water, or rather Small-Beer and fresh Butter, in order to take off the Scurf which is on it. When the Child appears to be weak, it has been found convenient, after he is well washed and dried, to rub him gently over with a little warm White Wine, or Brandy diluted with Water. After he is dressed, 'tis an usual Thing to give him a little fresh Butter and Sugar, which commonly answering the Purpose of a Vomit, brings up a Quantity of Phlegm that was lodged about the Stomach and Throat, and afterwards working downwards, purges off the black excrementitious Matter from the
Bowels,

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Bowels. So long as this black Matter continues to be discharged, it is common to give the Child, twice or thrice a Day, a *Tea Spoonful of Oil of Sweet Almonds and Syrup of Violets, mix'd in equal Quantities*; or else of *Syrup of Peaches*, or *solutive Syrup of Roses* alone. But if they find him subject or inclinable to have Fits or Convulsions, 'tis usual to give him, between whiles, a *little Preparation of red Coral, and Pulvis ad Guttetam, in equal Quantities*; mix'd up into a *thin Eleſtuary with simple Syrup of Piony*. After the Use of the Sugar and Butter, the Child is commonly put to sleep; and after he awakes, is variously treated, according to the particular Fancy of the good Women, and seldom without a little Superstition. It would be highly proper, however, could Mothers and Nurses be prevailed upon to observe it, that a hearty new-born Child should be treated somewhat in the following Manner. 1. He should have no Brandy, Geneva, Aniseed-water, or any other of the like fiery Cordials, either alone or mixed with his Panada; nor any Thing else that may curdle or disagree with his Milk-Diet. No Flesh Meat, not even fat Pig, the favourite Morsel of some over-kind Nurses, nor Wine in any large Quantity, should be allowed, within the Month at least; because the Infant was not thus fed in his Mother's Belly. Acids ought not to be mixed with his Food; nor should he be cramm'd too much at one Time, but rather fed by
little

little and little, and often. 3. He should lie with his Head considerably raised, that the Phlegm, wherewith young Children abound, may the readier be discharged, and Suffocation be prevented. The sudden Deaths of young Children, in all probability, are very often owing to a Neglect of this Caution, which all Nurses therefore should imprint in their Minds.

C H A P. XVII.

Of difficult and unnatural Births, the various Disorders attending them, and the Manner of proceeding under every Circumstance.

THOSE are called *difficult Births*, wherein the Woman continues long in the Pains of Labour, without being delivered. *Unnatural Births* are when the Child presents itself any other Way than with the Head foremost, or downwards, and the Face turned towards the Mother's Back. I shall treat of them both in this Chapter, which will be peculiarly useful to Women who practise Midwifery.

Difficult Births may happen from a Straitness of the Passages; which is frequently the Case in very young Women, or very elderly ones, who were never delivered before;

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as also such as are of a dry, consumptive Constitution. Sometimes also the Membranes breaking long before the Time of Delivery, the Waters are wanting, which should lubricate and relax the Parts, in order to procure an easy Discharge of the Fœtus. And sometimes, on the other Hand, these Membranes are so thick and strong, that they will not break in season, when the Time of Delivery is at Hand. There may also be a great Weakness on the side of the Mother, which disables her from assisting properly with her Throws: And a like Weakness on the part of the Child, will lessen the Effect of its Strugglings. To these Causes may be added the Piles, Convulsions, a large Quantity of hardened Excrements in the Intestines, a Looseness, a Dropsy, Tumors or Ulcers in the Womb, and the Parts adjacent; a Relaxation of the Womb, the large Bulk of the Child, Twins, unseasonable Flooding, a Distortion of the Passage, or a dead Child.

When a *dead* Child is in the Womb, the Woman will not feel the usual Motion of it, probably for a considerable Time before Delivery. Her Pains and Throws will likewise be weak and languid, and not at all promoted from within; and when the Waters break away, there will be no apparent Signs of immediate Delivery. The Mother, upon turning, will likewise find the Child, if it be dead within her, falling from one Side.

Side to the other, in a remarkable manner, and remaining like a heavy Lump on that Side to which she turned. The Midwife, upon Examination, will be sensible of the Want of Motion in the Child, and of a disagreeable Stench, if it has been dead long enough to corrupt. The Countenance of the Mother may likewise express the Death of the Child; her Eyes appearing sunk and heavy, her face wan and pale; and, if it has been dead any Time, her Breasts will become flabby, and an ill-scented discoloured Matter will issue from the Womb. To all which add, that if the Secundines are excluded before the Child, it is thought a certain Sign that the latter is dead. The Suspicion will be confirmed, if the Woman has not gone out her Reckoning; if she has received any external Injury during the Time of her Pregnancy; if she is remarkably unhealthy, or infected with a venereal Taint; if no Pulsation can be felt in the Navel-strings; if the Sutures of the Child's Head are closed, or the Bones of the Scull wrapped over one another: And, lastly, if the Woman be convulsed, and the Case attended with Flooding and Faintness.

There is Room to suspect *Twins*, if, after the Woman is delivered of one Child, the Pains, Flooding, and swelling of the Belly continue; but the Matter, as I observed in the foregoing Chapter, may be put beyond Exception by searching. We may conjecture

ture that the Membranes including the Child are too strong, if, when the Woman has gone out her full Time, she remains some Hours in Labour, the Pains and Throws having been sufficiently strong and regular; also, if the Posture of the Child at the same Time be natural; if the Gathering of the Waters, that is, their bulging outwards, has been of longer Continuance than usual before their coming away: And, finally, if upon examining the Membranes with the Touch, they appear to be of an uncommon Thickness, which an experienced Midwife will easily perceive.

The Case is dangerous, if a Woman continues in Labour four or five Days. When the Child is dead, the Pains lessen or go off, and the Woman falls into Convulsions, or lethargick Disorders. If there be a violent Flooding, and no Prospect of a speedy Delivery, the Woman is in great Danger. And, in general, all Cases of this Kind are dangerous in Proportion to the Violence of the Symptoms, and their Continuance, compared with the Constitution and Habit of the Patient.

In the most difficult and dangerous Labours, great Care should be taken to encourage and keep up the Spirits of the Woman; a Neglect of which, or the contrary Procedure, might be of very fatal Consequence. In other Respects, the Regimen

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must be adapted to the Cause, Constitution, and particular Symptoms which appear.

When the Birth is retarded by a Straitness in the Passage, a lubricating Diet should be ordered, consisting of Juleps, Broths, and the like, prepared with balsamic or unctuous Ingredients, as Roots of Marshmallows, and Gum Arabic. The Bowels, in case of the least Degree of Costiveness, must be directly discharged of their Contents, by emollient Glysters repeated occasionally: And a little before the expected Hour, it will be proper to use Hog's Lard, by way of Ointment, freely, or the following Liniment.

Take Ointment of Marshmallows, one Ounce; Oil of Sweet Almonds and white Lillies, of each an Ounce and an half: Mix them well. Let the Privities be anointed with this, warm, both inwardly and outwardly twice or three times a Day. And at the same Time it will be convenient to give now and then a Dram of Sperma Ceti internally, along with the Broths, or other Liquids: Or the following, for the same Purpose, to be repeated occasionally.

Take Oil of Sweet Almonds, an Ounce; Syrup of Mugwort, half an Ounce: Mix for a Draught.

The Medicines, before the breaking away of the Waters, ought not to be of too forcing a Nature; lest, by causing an immature Evacuation

uation thereof, the Delivery should be retarded.

When the Waters break away unseasonably, or long before the Time of Delivery approaches, it will be proper to lubricate, and relax the Parts, by the external Use of Oils and Ointments, fresh Butter, Lard, or the like; and to order for Internals, the same Medicines that are proper in Case of Weakness. It might also be of Service to inject frequently Oil of Sweet Almonds, warm; the Throws, in the mean Time, being encouraged by all the artificial Assistance the Mother can afford; as by regulating the Breath in Inspiration, violent Motions of the Midriff and abdominal Muscles, Sneezes, Straining, and the like. But if the Case be attended with a violent Flooding, or Convulsions, immediate Recourse must be had to the Midwife's Office, for the Safety both of the Mother and the Child.

When the Labour is retarded by the Thickness of the Membranes including the Child, which may be learned from the Collection and long bulging of the Waters, the Procedure should be as in case of Weakness in the Mother, with the Assistance of such Motions as tend to forward Delivery; as walking about the Room, and the like. But if they still obstinately continue unbroken, and the Case be desperate, they must be rent, or cut by a skilful Operator.

When the Child is large, or dropsical in any particular Part, or when the Mother wants Strength to support her Throws, a Glas of warm Wine should be now and then administered; which might also be burnt with Spices. A Glas of Cinnamon, or other cordial Water, might likewise be attended with Success. Some experienced Women, when the Delivery is retarded thro' Weakness, give about *a Scruple of Dittany of Crete, powdered*, in a Draught of *Penny-royal Water*, and repeat the Dose as they see Occasion. Others, for the same Purpose, infuse the Leaves in Wine, or use them along with the common Spices in burning their Wine. These Methods are often successful. 'Tis also usual with some, but without much Reason, to give *Goa-stone, Gascoigne's Powder, or Compound Powder of Crab's Claws, Bezoar, &c.* But instead of these, the following may be substituted to great Advantage.

Take Troches of Myrrh and Borace, of each one Scruple; Syrup of Mugwort, half an Ounce; Hysteric and Penny-royal Waters, of each one Ounce; Tincture of Castor, one Dram; Spirit of Hartshorn, forty Drops: Mix for a Draught. This may be repeated every third or fourth Hour, so long as the Case requires it. Or, for those who prefer a Bolus,

Take Powder of Myrrh, half a Scruple; English Saffron, Russia Castor, and Volatile Salt of Hartshorn, of each six Grains; Troches
of

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of Amber, one Scruple; Syrup of stinking Orrhæze, enough to make a Bolus. To be repeated as Occasion may require, drinking after it the following Mixture.

Take Rue Water, two Ounces; Stephens's Water, one Ounce; Syrup of Saffron, half an Ounce; Spirit of Salt Armoniac with Amber, thirty Drops: Mix for a Draught. If Powders are more agreeable, use as follows.

Take Powder of Myrrh, one Dram; Castor and Saffron, of each fifteen Grains; Oil of Cinnamon, three Drops: Mix in a Powder. Divide it into three Papers, of which let one be taken every fourth or fifth Hour, while the Labour continues; drinking after it five Spoonfuls of the following Julep.

Take Black Cherry, Penny-royal, and Rue Waters, of each three Ounces; strong Cinnamon Water, and Dr. Stephens's Water, of each two Ounces; Syrup of Citron Peels, one Ounce; compound Spirit of Lavender, two Drams: Mix.

If these or the like Medicines fail of Success, proper Things should be given to make the Patient sneeze. Some have adventured to administer a Vomit of Ipecacuanha, and with Success: But then there must be no Convulsions, or violent Flooding. After Delivery the following Drops may be continued for a few Days.

Take Tincture of Castor, two Drams; Sal Volatile Oleosum, Spirit of Hartshorn, and Tincture of Saffron, of each one Dram: Mix. Let thirty Drops be taken occasionally, in a Glass of Lisbon White Wine.

When the Piles, by their Swelling and Pain, prove an Obstruction to the Delivery, it is proper to unload the Vessels by the Application of Leeches. Likewise the Part affected may be bathed with warm Milk; or, if the Patient be costive, a Glyster of Almonds, Milk, and Sugar, may be injected. After this, the Part may be anointed with some such Liniment as has been already prescribed. In other Respects, the Case may be treated as the common Piles, in the manner formerly mentioned, Chap. X.

When the Uterine Passages are straitened by a Collection of hardened Excrements, a Discharge thereof is to be attempted by emollient Glysters; or, if any Inconveniency attend the Posture proper for a Glyster, a Violet Comfit may be employed in its Room, by way of Suppository.

When a violent Looseness weakens the Patient, and hinders the Exclusion of the Child, the Cure should be immediately attempted in the following manner.

Take small Cinnamon Water, Black Cherry Water, and strong Cinnamon Water, of each two Ounces; Rhubarb dried and powdered, Diascordium

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Diafcardium without Honey, Preparation of red Coral, and white Chalk, of each two Drams; Japan Earth, one Dram; Spirit of Mint and compound Spirit of Lavender, of each two Drams: Make a Mixture. Let two or three Spoonfuls be taken after every Time going to ftool, fhaking the Bottle before you pour it out,

And in order to fupport the Patient, let fome fuch cordial Julep as the following be ready at Hand, to be taken as Occafion requires, the Quantity of four Spoonfuls at a Time.

Take fmall Cinnamon Water, four Ounces; Dr. Stephens's Water and Aqua Mirabilis, of each two Ounces; Preparation of Pearls, two Drams; Sal Volatile Oleofum, Spirits of Mint and Saffron, of each one Dram: Mix.

In other Refpects, this Cafe is to be dealt with as a common Loofenefs or Dyfentery, where any farther Means are required; but in moft Patients, what is here fet down will effect a Cure alone, with proper Regimen.

When the Child is actually dead, and the Woman's Pains decrease or go off, it may be proper to employ fuch Medicines as are prefcribed in cafe of Weaknefs. If thefe have not the defired Effect, and the Waters are broke away, a Vomit of Ipecacuanha may be given, where the Woman has fufficient Strength. But if fhe be quite enfeebled, and

much Time has been lost ; if there be Flooding, Convulsions, or other dangerous Symptoms, the Child must be immediately extracted, by the Help of a Man, if it cannot be done otherwise.

In case of Twins, the requisite Procedure differs little from what is common. Care must be taken, that one of them be not left behind unregarded ; and to prevent their crossing, or entangling with one another in the Delivery, whereby the Extremities of that which was to be brought away last, might be mistaken for those of the other, which might prove of fatal Consequence both to Children and Mother. The Midwife, therefore, having drawn forth the Head and Shoulders of one, should gently slip her Hands under its Arm-pits, and directly bring it away. Sometimes, in case of Twins, after one is delivered naturally, the other comes not with its Head, but its Feet foremost ; in which Manner it must then be extracted. And sometimes, after one is brought away, the other will remain in the Womb some Days ; which is a dangerous Case, and requires the Membranes, if not already broke, to be carefully cut, and the Child extracted. If one happens to be dead, and the other alive, great Caution and Expedition must be used in the Delivery : But sometimes Weakness, Convulsions, or other bad Symptoms, may require the Operation to be deferr'd till the Woman recovers Strength.

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The Child which lies lowest in the Passage, should always be first extracted.

If a Suppression of Urine cause Delay in the Delivery, and this proceeds from a Stone in the Bladder, pressing upon its Neck, it ought directly to be put back by a Catheter. But if the Child, by bearing against the Bladder, be the Cause of this Suppression, the Abdomen must be raised, and compressed by a proper Swathe. And in case this has not the desired Effect, Recourse must be had to the Catheter, in order to empty the Bladder.

When Convulsions retard Delivery, the Case is reputed dangerous, and often attended with the Loss of both Mother and Child, unless great Expedition be used. Proper Internals should here be freely given, in order to put off the Fit. The following Bolus and Julep are well suited to this Intention.

Take Powder of wild Valerian Root, and Powder against Epilepsy, of each fifteen Grains; Volatile Salt of Amber, Hartshorn, and Saffron, of each five Grains; Camphire, three Grains; Conserve of Rue, one Scruple; Syrup of Pionies, enough to make a Bolus. Let one be taken every three or four Hours, drinking after it about four Spoonfuls of the Julep, which is thus made.

Take Black Cherry and Rue Waters, of each three Ounces ; compound Piony-water, two Ounces ; compound Syrup of Pionies, one Ounce ; compound Spirit of Lavender, Tincture of Castor, and Sal Volatile Oleosum, of each one Dram and an half : Mix them together.

If the Woman be dilirious, or the Flooding violent, the Delivery must be immediately attempted. The Membranes also must be artfully opened, if they do not break spontaneously.

Too strong Cordials, or Stimulators, ought to be omitted in a violent Flooding, for fear of increasing the Flux. But if the Woman be plethoric, and has not already lost too much, Bleeding may be used, to cause a Revulsion. In the mean Time, the following Bolus and Julep may be serviceable.

Take Japan Earth, Troches of Amber, Powder of Myrrh, and Preparation of red Coral, of each half a Scruple ; Diascordium without Honey, enough to make a Bolus. Let one be taken every fourth Hour, or as the Case requires, drinking after it four Spoonfuls of the Julep, which is thus made.

Take Plantain Water, Red Rose Water, small Cinnamon Water, and red Wine, of each two Ounces ; the sharpest Vinegar, one Ounce ; Syrup of Quinces, six Drams ; Spirit of Sweet Nitre, enough to make a Julep. Also,

Take Spirit of Vitriol, two Drams ; compound Spirit of Lavender, one Dram : Mix. Let

twenty

twenty Drops of this be frequently taken; with a Draught of red Wine and Spring Water, mix'd.

To these Medicines Laudanum may be added occasionally. If the Flux still prove violent, the same Medicines may be used as in other Floodings, and in an immoderate Flux of the Courses.

When the Birth is delay'd on Account of any Imposition or Ulceration in the Womb, the Case must be treated in the same manner formerly mentioned, Chap. XI. provided the Imposition or Ulcer be discovered in Time. But if it be not known till the Time of Labour, lenient Glysters, emollient Fomentations, and resolving Liniments, such as have often been prescribed, should be used for the Imposition; and for the Ulceration, Pledgets dipt in red Wine; the Midwife being careful to perform her Office tenderly.

If any old Callosity, or hard Swelling, in the Womb or Sheath, create a Difficulty in the Delivery, and the Disorder was known during the Pregnancy, the Cure must be attempted as other scirrhus Tumors, Chap. XI. But at the Time of Labour only emollient Fomentations and Liniments can be used, consisting of *Milk, Sugar, and Oil of Sweet Almonds*. Or else a Piece of Sponge, properly prepared, may be put in, in order to dilate the Parts. And in Case this should fail,

fail, recourse must be had to the Use of Instruments.

When a Relaxation of the Womb, or its Ligaments, retards the Birth, emollient Medicines must be sparingly used; but Cloths dipp'd in warm red Wine may be frequently applied. The Posture of the Woman must be contrived to favour the Disorder, and she ought to be quiet as much as possible. In other Respects, this Case may be treated as a common Relaxation, or Bearing-down of the Womb. *See Chap. XI.*

Distortion of the Sheath sometimes hinders the Exclusion of the Fœtus. The Woman must then be placed in a Posture to favour the Delivery: And for this Purpose, that of Standing is generally preferred. Other Cases require different Postures, and particularly that of standing on a Stool. In this Case the Woman must be supported under her Arms, or lean on a Pillow in some convenient Place. Particular Distortions of the Parts, Situations of the Child, the Woman's usual Way of Life, and other various Symptoms, may require yet different Postures, as Kneeling, Leaning, Stooping; which are best concerted between the Mother and the Midwife.

Sometimes the Child sticks between its Neck and Shoulders, in the Orifice of the Womb, so as to be in Danger of suffocating. This Case requires great Care and Expedition; Care, that the Head of the Infant be not pulled from its Shoulders; and Expedition,
that

that it be not stifled in the Passage. The Fingers or Hand must here be gently introduced between the Neck of the Womb and the Child, and in this Manner he must be artfully eased.

Sometimes the Navel-string is wound about the Neck of the Child, and must be disentangled before Delivery, for the Safety both of Mother and Child. To prevent any fatal Accident from this Cause, the Midwife ought to satisfy herself, before she enters expressly upon her Office; and if she finds the Navel-string thus entangled, by all means to endeavour to clear it, and reduce it to its natural Situation.

I come now to those Sorts of Births that are called *unnatural*. These may happen from the Child's turning it self, or being turned in the Womb, whether side-ways, the Face upwards, or otherwise; so that the Hands, Feet, Knees, Shoulders, or any other Parts, may separately or jointly present themselves. The Navel-string also, being broke, may appear first; and so may the Secundines, or they may adhere strongly to the Womb. The particular State of the Case is best learned by the Symptoms attending the Labour, compared with what appears upon Examination. If the Throws are regular and strong, the Sheath and Womb sufficiently dilated, the Waters evacuated, and yet the Birth does not come forwards, we may conjecture that the Child is large, or
affected

affected with a general or particular Dropsy, as in the Head, the Belly, or elsewhere. The Danger attending unnatural Births always increases in Proportion to the Violence of the Symptoms, the Continuance of the Case, and the Nature of the Causes from which it proceeds.

Unnatural Births ought to be reduced to the Natural, as much as possible, by artificial Means. Thus, when the Head presents itself sideways, the Child should be gently put back, and turned to the natural Situation. But if it be advanced too far this, for instance, to the Neck, it may, by turning, be reduced to the proper Posture, and extracted as in natural Labours.

When the Child lies with his Face upwards, and it be found impracticable to turn him, he must be helped out in that Posture; tho' the Consequence is usually some small Bruise in his Face, or a Flatness of the Nose, occasion'd by pressing against the Bones of the Mother.

When a Child is dropfical in the Head, it may be known by the large Size thereof, and the Openness of its Sutures, while the other Parts of the Body are generally small and wasted. If the Extraction cannot be here made in the common Way, because of the Size of the Head, the Space between the Sutures must be cautiously opened, in order to evacuate the collected Water.

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The like Method is to be taken when the Child is dropfical in the Breast or Belly; due Regard being had to the Structure of the Part, and the proper manner of making the Puncture.

If the Foetus be monftrous, either univerfally or in a particular Part, and the utmoft Endeavours to procure a Delivery are ineffectual, its fuperfluous Parts may be cut off with a proper Inftrument, or the whole may be divided, to fave the Life of the Mother. But while the Child is alive, all Endeavours fhould be firft ufed to extract it whole.

After the Waters are broke away, if the Feet of the Child prefent themfelves firft, fome Danger may attend an Attempt to turn it: 'Tis therefore more advifeable to extract it as it offers; and when it is advanced as far as the Hips, it may be gently drawn by wrapping a fine Napkin round it. But if the Face now happen to be upwards, it ought to be turned downwards, to prevent Suffocation and Bruifes. If only one Foot appear, let it be confidered whether the left or the right, in order to find the other; and when both are placed together, the Operation may be as above-mention'd.

'Tis impoffible to proceed while both the Hands and Feet prefent themfelves at once: The Hands therefore are to be turned back, and then the Extraction may be perform'd.

If

If one Arm, or both, come forwards, they must be put back and replaced, if possible: But when they are far advanced, the Case is attended with Difficulty. If in this Case the Child appears to be dead, the Limbs which thus present themselves may be separated by the Hands. After the Hands are replaced, if the Head cannot be found, Search must be made for the Feet, and the Fœtus extracted after the Manner requisite in those Circumstances.

When the Knees present themselves, while the Hams are turned backwards, great Care must be taken not to mistake them for the Head: For which Purpose, the Part should be traced to the Hain, and the Woman being laid in a convenient Posture, Search must be made for the Feet, observing that the Child's Face be kept towards the Mother's Back.

When a Shoulder presents itself first, the Case is difficult, on Account of the Distance of this Part from the Feet. The Child must be replaced, and then, as well as possible, Search must be made for the Feet; which being brought out first, the Fœtus may be extracted.

The Child is in Danger of Suffocation when the Back comes foremost, unless the Posture be instantly altered; nor will it be possible to procure Delivery, without first bringing out the Feet.

When

When the Buttocks come first, the Feet must be sought, as in other unnatural Cases : But where they cannot be found, Delivery may be attempted in the present Posture, and with good Hopes of Success.

When the Breast or Belly presents first, the Case is often dangerous, it being impossible to proceed in that Posture. The Midwife therefore must carefully replace the Parts, and find out the Feet ; remembring to turn the Child's Face to the Mother's Back. When either Side comes first, the Case is less dangerous. The Navel-string generally comes foremost, when the Belly presents itself.

There is always Danger when the Navel-string appears first, whether the Child be in a natural or an unnatural Posture, unless the Delivery be suddenly performed ; because the Circulation is apt to be stopped, from any Injury done to this Part ; which frequently occasions the Death of the Child, and violent Symptoms to the Mother. The Midwife, in this Case, must replace the Navel-string, and then extract the Child, either by the Head or the Feet, with all possible Expedition.

When the Navel-string is broke, there is more Danger on the Mother's Side than on the Child's, because of the Difficulty of drawing out of the After-Birth ; which remaining long behind, is usually fatal : Whereas the Child, if once naturally delivered, is soon secured by a Ligature. If any Part of the
Navel-

Navel-String remains fixed to the Womb-cake, it may guide the Midwife thereto, and then it may be separated as in natural Births. But the Case is very dangerous if the String breaks close to the Cake, because of the Time spent in finding this latter without a Cue ; during which the Womb may be greatly contracted, or remain less capable of Distension, when the Waters have been long discharged. In this Case the Hand must be introduced, and the Cake being distinguished by its Number of little Inequalities, it may, if loose, or but slightly adhering, be readily brought away ; but if any Part of it stick closely to the Womb, it must be first separated by the Fingers. If it cannot be all brought away by this Means, 'tis better to leave some Part behind, than to hurt the Womb itself by violent Treatment ; which might occasion Convulsions, excessive Floodings, and perhaps even Death ; or, if not these, Inflammations, Ulcers, or Gangrenes, might be the Consequence of such Injuries. Some such Medicines as the following will be here useful, in order to forward the Expulsion of the Womb-cake, or any remaining Part of it.

Take Pennyroyal Water, six Ounces ; Tinctures of Myrrh and Castor, of each half an Ounce ; Spirit of Saffron, two Drams : Mix for a Julep. Let four Spoonfuls at a Time be taken frequently. Or,

Take

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Take Elixir Proprietatis and Spirit of Hartshorn with Amber, of each two Drams : Mix.
Let thirty Drops be taken three or four times a Day, in a Glass of White Wine. In the mean time a Galbanum Plaister may be applied to the Navel, and Sneezing may be excited.

When the Womb-cake presents itself first, or comes quite away before the Child, the Danger of Suffocation is great to the Child, and of mortal Flooding to the Mother. Here Delivery must be immediately attempted, without spending Time to reduce the Child to its natural Posture, unless it can be done instantly. Upon a complete Delivery, the Flooding generally abates or ceases: But if it should not, it must be treated as in the following Chapter, concerning Disorders consequent upon Delivery.

Tho' I have several Times had Occasion to mention the instrumental Method of Delivery, I shall not pretend to give any Directions concerning it, because such Directions would be of no Use to the fair Sex. When this Method is necessary, Recourse must be had to an able and skilful Operator, who will be best qualified to judge in what manner he should proceed, when he has considered the Woman's present Circumstances, Situation, and Strength.

C H A P.

C H A P. XVII.

Of the various Disorders consequent upon Delivery ; as Flooding, Suppression and immoderate Flux of the Lochia, Convulsions, Fever, Inflammation of the Parts, After-Pains, Dilacerations, Swellings, &c.

THE Delivery is followed by a copious Discharge of Blood, which, proving continual for the Time, is called *Flooding* ; being generally of dangerous Consequence, if immoderate, or of long Continuance ; especially in tender Constitutions, or when it causes Weakness, Faintness, or Convulsions. The Regimen in this Case should not be too hot. Rest should be indulged. The Diet may be Panada, Sago, or Jellies : The Drink, Wine and Water, with a Toast. Proper sleeping Doses should be exhibited occasionally, if the Patient be any way restless.

If the Case be prolonged, by Part of the Womb-cake remaining in the Womb, the Exclusion thereof may be proposed by such Medicines as are used in an Obstruction of the Courses ; all things pungent or inflammable being avoided. If these fail, the offending Bodies must be extracted by manual Operation.

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Operation. After this, the Patient usually recovers.

If Difficulty or Violence in the Labour were the Cause, Sleep and Rest should be encouraged; a thickening Diet should be used; and the Patient kept moderately warm. Injections of red Wine are serviceable; or, instead of them, the following.

Take red Wine, four Ounces; Plantain Water, two Ounces; Best Vinegar, one Ounce; Rock Allum, one Dram; Sugar of Lead, two Scruples: Mix, and inject three or four times a Day.

Acids, moderately used, are here convenient; and a few Drops of Spirit of Vitriol may be now and then taken in Hysterical Water. In general, the same Method is here good as in other violent Fluxes; due Regard being had to the Circumstances of the Patient.

In plethoric Constitutions Bleeding is good, if the Woman's Strength will permit. After which, the following Mixture is excellent.

Take Plantain Water, six Ounces; Best Vinegar, two Ounces; Syrups of Coral and Quinces, of each half an Ounce; Preparation of Bloodstone, Armenian Bole, and Japan Earth, of each one Dram: Mix. Let two Spoonfuls be taken every third or fourth Hour, shaking the Bottle.

If hardened Excrements in the Bowels, or cholical Symptoms, seem to prolong the Flooding,

Flooding, Glysters will be of Service. In all Flooding, the Belly should not be pressed too tight. The following Injection is good in Case of Faintness, Convulsions, and long Continuance of the Flux.

Take white Vitriol, three Drams; Roche Allum, one Dram; dissolve in Plantain Water, red Wine, and best Vinegar, of each one Ounce. To be used frequently,

For farther Directions, see the Chapter of the Piles, and the Article of Flooding in Chap. XIV.

During the first four or five Days after Delivery, a Quantity of pure Blood is evacuated from the Vessels to which the Womb-cake adhered: It is great or small, according to the Constitution of the Woman, the Manner of Delivery, and other Circumstances. After this, the Flood decreases, grows more watry, or somewhat resembling suppurated Matter. The Evacuation generally ceases in fourteen or fifteen Days after Delivery, during which Time it may greatly vary in Colour, Consistence, and Smell. This Flux is call'd the *Lochia*, or *Childbed Purgations*. It is generally less after a Miscarriage, than after a perfect Birth. It constantly decreases as the Milk comes more plentifully. When it is regular and natural, the Quantity is proportioned to the Cause, the Constitution, and the Laceration of the Vessels; the Scent is not ill, the Change of Colour and Consistence

tence gradual, without any Signs of its corroding, or the like.

Suppression hereof may proceed from various Causes; as a Looseness, Passions of the Mind, taking of Cold, the Use of Astringent Medicines, an obstructed Perspiration, and many others.

This Suppression is more or less dangerous in Proportion to its Degree, and the Time of its Continuance. If the Stoppage be sudden, and soon after Delivery, it may cause Pains of the Head, a Fever, Difficulty of Breath, and Inflammation of the Womb: And if not speedily remedied, Swellings, Ulcers, Cancers, Lameness, Pains in the Belly and Loins, Convulsions, and hysteric Disorders. Bleeding at the Nose, and the Piles, are good to prevent these; as also profuse Sweats, an extraordinary Discharge of foul Urine, and the like.

The Patient must here keep her Bed, and lie with her Head and Body somewhat raised. A Glass of warm Wine may be now and then allow'd; also Panada, Jellies and Broths. In general, all her Drink must be warm.

A Glass of Hysteric and Pennyroyal Water mix'd, twice or thrice a Day, has here been found serviceable. But these hot Waters are hardly allowable in a Fever, except it be a small Quantity of the latter. Glysters and Cupping-Glasses have been sometimes used to Advantage; and it is proper to rub the Legs, and other lower Parts. Injections
should

should be made of *Birchwort Root*, *Gentian*, *lesser Centory*, and *Savin*, with *Tincture of Myrrh* and *Elixir Proprietatis*, in the common Quantities. Bleed where there is a Plethora : And afterwards,

Take Powders of Myrrh and Borace, of each fifteen Grains ; Sperma Ceti, ten Grains ; Volatile Salt of Amber, five Grains ; Conserve of Rue, one Scruple ; Syrup of Mugwort ; enough to make a Bolus. Let one of these be taken every other Hour, drinking after it four Spoonfuls of the following Julep.

Take Penny-royal and Rue Waters, of each three Ounces ; Hysteric Water, two Ounces ; Sal Volatile Oleosum, Tinctures of Black Hellebore and Castor, of each one Dram ; Syrup of Mugwort, one Ounce : Mix. It may be taken also, the Quantities of four Spoonfuls at a time, between the Bolusses.

The following Powder and Drops are also good for those who prefer such Forms. The Powders may be taken in the same Julep, and the Drops in a Glass of Hysteric or Penny-royal Water.

Take Troches of Myrrh, one Scruple ; Borace, half a Scruple ; Powders of Savin and wild Valerian Root, of each eight Grains ; Chemical Oil of Rue, one Drop : Mix and pulverize. For the Drops,

Take

Take Spirit of Salt Armoniac, Tinctures of Amber and Myrrh, of each one Dram. Thirty Drops are a Dose.

If a Looseness comes on as the Consequence, and not as the Cause of this Suppression, it must not be suddenly stopped, unless it weakens the Patient greatly. In that Case the following Bolus should be given.

Take Powder of Rhubarb, one Scruple; Troches of Myrrh and Powder of best Castor, of each five Grains; Oil of Cinnamon, one Drop; Syrup of Mugwort, enough to make a Bolus.

The Disorders occasioned by a Suppression of the Lochia, usually disappear upon the Return of the Flux: But if any particular Symptoms remain, they must be treated according to their respective Kinds.

When the *Childbed Purgations* flow so copiously, or continue so long, as to cause a considerable Loss of Strength and Spirits, a weak intermitting Pulse, Faintings, Convulsions, Pains in the Belly, or the like, they must always be deemed *immoderate*. And after Recovery, Paleness, Want of Flesh, Swelling in the Legs and Thighs, and a dropical Disposition, will generally remain for some Time.

In this Case the Regimen should be restraining, proceeding gradually from the
O weaker

weaker Things to what are more powerful. Barley-gruel, Panada, Jellies, Rice-gruel, and Hartshorn Drink, are here convenient; as is also a Glas of red Wine and Water between whiles. The Patient should be kept hot, sleep moderately, and drink but sparingly of thin Liquids, for fear of a Dropsy. The Restringents may be these.

Take small Cinnamon and Black Cherry Waters, of each three Ounces; Treacle Water, one Ounce and an half; Bole Armoniac prepared, two Drams; Species of Jacinth and Japan Earth, of each two Scruples; Syrups of Coral and red Roses, of each half an Ounce; Spirit of Vitriol, fifteen Drops: Make a Mixture. Let four Spoonfuls at a Time be taken every fourth or fifth Hour. Also,

Take Salt Prunel, one Scruple; Dragon's Blood, half a Scruple: Mix in a Powder. This whole Quantity may be drank three or four times a Day, in a Glas of red Wine mixed with Water.

The external Remedies, when they are found necessary, may be the same with those prescribed in other immoderate Fluxes. But if these fail of Success, the following Solution may be injected to Advantage.

Take Salt of Nitre and Roche Allum, of each two Drams; Roman Vitriol, one Dram; Salt of Vitriol, one Scruple: Dissolve in Plantain Water,

Water, three Ounces, and best Vinegar, one Ounce. This Method will succeed in the most dangerous Fluxes of the Lochia: In the more moderate, I refer to the Articles of Flooding.

A Retention or violent Extraction of the After-birth, or a Stoppage of the Lochia, are apt to cause *Convulsions* after Delivery, which are more or less dangerous, according to their Cause, Continuance, and Degree, compared with the Constitution of the Patient.

If they proceed from a violent Extraction of the Cake, which causes a large Flooding, astringent Injections of *red Wine, Alum, and Sugar of Lead*, are very proper. If the Vessels of the Womb be torn without any considerable Flux, the Injections should consist of *warm Milk and Barley Decoction*, or a Decoction of *Mallow Leaves, Camomile Flowers, and Linseed*, mix'd up with *Mel Rosatum*. When the Symptom is from Retention of the Secundines, or a Suppression of the Lochia, prepare Injections with *Birch-wort Root, Gentian, Leaves of Common Worm-wood, and Mugwort*: To the Decoction whereof may be added *Mel Rosatum, Tincture of Myrrh, and Elixir Proprietatis*. But if any concremented Blood remain in the Womb, it must be extracted, before we can reasonably expect a Cure of the Convulsions.

When *Hysteric Symptoms* happen after Delivery, a Galbanum Plaister should be applied

plied to the Navel, and the Patient put into a Course of Hyfteric Medicines, as in the Chapter of that Disease.

About the third, fourth, fifth, or sixth Day after Delivery, the usual Symptoms of a *Fever* appear; the *Lochia*, in the mean Time, continuing to flow regularly, but in lesser Quantity. This Diminution, and the Increase of the Milk, which makes the Breasts hard, painful, and hot, seem to give rise to the Fever, and the attendant Pain and Heat in the Loins, Back, and Shoulders. This Fever is seldom dangerous, but goes generally off by a Sweat, if the Patient only keeps to a slender Diet. But a violent and continued Fever after Delivery, when from other Causes, and in particular Constitutions, may be of ill Consequence, the *Lochia* being then usually suppressed, which distinguishes it from a Fever caused by the Milk.

A slender Regimen should here be observed; which, in regard to the Suppression of the *Lochia*, may be the same as was ordered in that Case. Bleeding is here convenient; in the Ankle, when the Fever is from any Distention or Inflammation of the Breasts; in the Arm, when it is attended with a Pleurisy, Pulsation in the Head, the Quinsy, or Inflammation of the Lungs. After which a gentle Sweat may be repeated occasionally, and Cordials moderately used in the Intervals.

When

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When the Breasts are considerably swelled or inflamed, a Fomentation may be thus prepared.

Take Marsh-mallow Leaves, Camolile and Melilot Flowers, of each half a Handful: Boil them in Spring Water, and to ten Ounces of the strained Decoction, add Spirit of Wine camphorated, two Ounces: Mix. This may be frequently used. *Warm Milk* also, alone, has been found serviceable. But when a Poultrice is required, there cannot be a better than the following.

Take Marsh-mallows Root, half an Ounce; Leaves of Common Mallows, one Handful; Linseed, Fenugreek Seed, of each half an Ounce: Boil in a sufficient Quantity of Spring Water, and to the Decoction add Linseed powdered and Bean Flower, in equal Quantities, enough to make a proper Consistence; to which add, a small Quantity of Ointment of Marsh-mallows. The common Poultrice likewise of Bread and Milk, with a little Saffron and Hog's Lard, is very good in the present Case.

An Inflammation of the Womb and Sheath, occasioned by the Distention of the Parts, may, when not very violent, be remedied by anointing with *Hog's Lard, Ointment of Marsh-mallows, or Oil of Sweet Almonds, Fullers Earth*, dissolved in Water, is also good here. But when the Disorder is violent, and remains long after Delivery, and is likewise

attended with difficulty of Urine, Costiveness, a Fever, or Convulsions, it demands the utmost Regard, being highly dangerous.

The Diet here, in general, must be of a cooling Nature, as in all inflammatory Disorders. Rest should be indulged, Sleep encouraged, and all Exercise avoided. The Belly should not be swathed too tight, nor kept too warm. The Medicines, of all kinds, should encourage the Flux of the Lochia, with due regard to the particular Symptoms. When there is Danger of Ulcers and scirrhous Tumours, Bleeding will be proper in a plethoric Habit, if it be done early: After which, a gentle purgative Glyster may be now and then injected. When the Lochia are entirely gone off, but not before, proper Catharticks may be given by the Mouth. In other Respects, these Disorders may be treated as common Inflammations, Abscesses, and Ulcers.

When from an Injury done to the Womb in Delivery, there is a Relaxation of its Ligaments, it must be speedily remedied, by the same Medicines as are prescribed for a Bearing-down of the Womb in Chap. XI. When the Magnitude of the Child, or a Difficulty of the Labour, hath so distended the Parts that they cannot soon recover their natural Tone, it will be proper to inject the following astringent Liquor, twice or thrice a Day, or to wash the Parts with it warm.

Take

Take Pomegranate Peel and Balaustine Flowers, of each one Ounce; Armenian Bole, Japan Earth, and Roche Allum, of each half an Ounce: Boil in red Wine and Tincture of red Roses, of each a Pint and an half, 'till the whole comes to a Quart; which strain, and use either for Injection or Lotion.

The *Pains* which a Woman feels in her Loins, Groin, &c. some time *after* the Birth is brought away, are seldom dangerous, unless heightened by a Detension of the Lochia, which in this case ought to be promoted. In general, a proper Regimen, and due Posture of the Body, usually affects a Cure, without any particular Medicines: But if the Patient be restless, Sleep may be promoted by an opiate Draught. A *strengthening Plaister* to the Small of the Back, the free Use of Oil of Sweet Almonds, *Parmasitty*, and *Troches of Myrrh*, are most usually prescribed, when Medicines are found necessary; and a *carmnative Glyster* may be proper to expel Wind. The Belly should be kept warm; the Drink should be cold, the Swathing not tight, and Rest indulged.

The *Piles*, which succeed hard Labour, are more troublesome than dangerous. If they are much swelled, Leeches should be applied to the Part. In other Particulars, these Piles must be treated as the common sort. See Chap. X.

When the *Fundament falls down* in a difficult Labour, it must be replaced according to the Directions in Chap. X. After which, restraining Fomentations, made of *Balaustine Flowers and Pomegranate Peels*, should be used, the Patient lying so as to favour the Disorder.

When the *Perinæum*, which divides the Fundament from the uterine Passage, is torn in a difficult Labour, and the Excrements come out thro' the Privities, the Rent must be carefully stich'd by a skilful Operator, the Privities being first cleansed and dried. Then a Pledget dipp'd in *Arcæus's Liniment* must be applied, and secured with a Plaister or Bandage, the Patient lying still in a convenient Posture. This Case is more disagreeable than dangerous; and when it has once happen'd, can hardly be prevented, in future Deliveries, when it may be of worse Consequence, if not well treated at first.

Abscesses consequent upon Delivery, in the Groin, Hips, Thighs, Feet, or other Parts of the Body, cannot be carried off but by Bleeding and Purging, with the Use of Calomel between whiles, as the Strength of the Patient will permit: And where these fail, they must be brought to Suppuration, and opened when fully ripe. After which, they must be cleansed and healed, in the same Manner as other scrophulous Ulcers.

C H A P. XIX.

*Of Disorders in the Breasts of Women,
which are apt to follow Delivery.*

THE Abundance, Want, Consistence, Stagnation, Retention, Coagulation, or ill Quality of the Milk, are apt to occasion Inflammation, Hardness, Rawness, and Chaps in the Breasts of Women after Delivery; and sometimes Swelling, Impostumation, Scirrhoty, and cancerous Ulcers. They are generally the most violent after Delivery of the first Child.

Tension, Heat, Redness, and a Fever, are usual Attendants on inflamed Breasts. When the Tightness and Heat diminish, it is a sign of Impostumation. A scirrhus Tumor is hard, immoveable, not painful, and of a dark reddish Colour. When an Impostume breaks, the Ulcer is laudable, if the Matter appear white, in moderate Quantity, and of good Consistence: But the contrary Appearances are held to be malignant. A cancerous Ulcer is, when the Scirrhoty increases, and the Swelling breaks. An Inflammation frequently attends the Curdling of the Milk, if it happen soon after Delivery: But if not till fifteen or twenty Days after giving suck, the Breasts become rugged and hard, without Inflammation;

mation ; a cold Shivering seizes the Small of the Back, which is often follow'd by a Fever ; and the Veins grow knotty. Rawness and Chaps of the Nipples are sometimes so violent, as to take off the Part, and leave an obstinate Ulcer behind them.

A Pain or Swelling in the Breasts, if soon after Delivery, is seldom difficult or dangerous, unless the Breasts turn cancerous, or ulcerous. But in all these Cases a slender Diet should be observ'd, and the Body kept open.

Reason will indicate Bleeding and Purging, in case of a full Habit, and the Promotion of the Lochia when they are suppress'd. When a Bruise gave rise to the Disorder, the following Liniment is good after Bleeding.

Take Ointment of Poplar and Marsh-Mallows, Oil of Roses and best Vinegar, of each half an Ounce ; Spirit of Salt Armoniac, two Drams : Mix. Anoint the Parts affected, between whiles, with a warm Hand. Afterwards, apply the following Plaister.

Take simple Diackylon and Cummin Plaister, of each half an Ounce ; Diackylon with Gum, one Dram : Mix. Spread upon Linen, and apply.

The following Poultice and Fomentation are also good:

Take Roots of Solomon's Seal, white Lillies, and Marsh-Mallows, of each half an Ounce ;
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Melilot Flowers, one Handful: Boil them in Spring Water. To the strained Decoction add Linseed and Fenugreek Seed, powder'd, of each an equal Quantity, with a little Ointment of Marsh-Mallows: Mix for a Poultice.

Take Leaves of Marsh-Mallows and common Mallows, of each half an Handful; Flowers of St. John's-Wort and Elder, of each an Handful: Boil them in Spring Water. To a Pint of the strain'd Decoction add camphorated Spirit of Wine, two Ounces: Mix for a Fomentation.

The following Lotion also, in case of great Pains, may be used with Success.

Take Lime Water, best Vinegar, and camphorated Spirit of Wine, of each two Ounces; Tincture of Saffron, half an Ounce; white Troches of Rhasis, two Drams; Spirit of Salt Armoniac, one Dram; Opium, half a Scruple: Mix, and wash the Parts frequently, endeavouring in the mean time to promote a Sweat.

When the Breasts are hard from the *Curdling of the Milk*, they should be drawn before the Child sucks. But if the Child is to be put out, the Swelling must be discuss'd: For which Purpose fresh-drawn *Linseed Oil* is very good, used by way of Liniment; as also the Fomentation last describ'd. *Linseed Oil* may likewise be mix'd with *Bean-flower*, and used as a Poultice. If these fail, the Swel-

Swelling will probably break : In which Case the Suppuration ought to be promoted by the common Poultrice of *Bread and Milk*, with the Addition of a little Saffron ; and if it ripen slowly, a little *Ointment of Marsh-Mallows*. A low Regimen should be here used, and no evacuating or expelling Medicines.

When the *Tumor* actually contains *Matter*, which may be known by the quashing thereof, and it is sufficiently ripe ; it ought to be open'd with a Caustic, when a Cancer or Scirrhusity is apprehended, and treated as an Ulcer, according to its Degree and Nature. But a simple Impostumation, without any ill Symptoms, may be open'd with a Lancet by a skilful Hand, and speedily healed with the following Liniment.

Take yellow Basilicon and Arcaeus's Liniment, of each six Drams ; Myrrh powder'd, two Drams ; Mastich and Aloes, of each half a Dram ; Mel rosatum and Yolk of Egg, of each two Drams : Mix. Apply this warm, with Pledgets, observing not to crowd in too many of them. But if there be occasion to cleanse the Wound before it is healed, the following may be used for a few Days.

Take Ointments of the Apostles and Tobacco, with Arcaeus's Liniment, of each half an Ounce ; red Precipitate levigated, one Dram ; Myrrh and round Birthwort Root, powdered, of each half a Dram : Mix for a Liniment.
Apply

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Apply this as the other, and keep on the Dressings with simple Diachylon Plaister; unless the Edges of the Ulcer grow hard, when *Mucilage Plaister* or *Diachylon* with *Gum*, mixed with a little *Sperma Ceti*, is more proper, in order to take down the Callosity. And when the Flesh is nearly level with the Lips of the Ulcer, it may be dried up with the following Ointment.

Take Ointments of Pompholyx, Tutty, drying red and white camphorated, of each two Drams; white Troches of Rhasis and Lapis Calaminaris, of each one Dram; Sugar of Lead, two Scruples: Mix,

When the Ulcer is *deep, winding, larger within* than at the *Mouth*, the Case is dangerous; especially if the Windings be numerous, and the Matter bloody. Surgeon's Work is here generally necessary to lay the Whole into one Wound, which must be often dressed with small soft Dossils, and the Growth of proud Flesh prevented as much as possible by injecting *Allum-water*, or the following Composition.

Take Egyptian Ointment, two Drams; Tincture of Myrrh, and Mel rosatum, of each one Ounce; red Wine, two Ounces: Mix. This may be used either as an Injection or a Lotion, according as the Bottom of the Ulcer can be come at. And the following, used in
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the same manner, may serve at once for cleansing and healing the Part.

Take round Birthwort, Gentian, and Gum Mastich, of each one Dram; Flowers of red Roses and Balaustines, of each half a Dram; red Sugar-candy, half an Ounce; red Wine, half a Pint: Boil them a little, and to the strain'd Decoction add Tincture of Myrrh and Aloes, one Ounce; Balsam of Peru, and Venice Turpentine dissolved in the Yolk of an Egg, of each two Drams; Mel Rosatum, one Ounce: Mix, and use occasionally.

When there is a Suspicion of Scirrhusity, and a beginning Cancer, all unctuous Medicines are to be omitted, and the following Liniment may be made use of for the Dressing.

Take Arcæus's Liniment, yellow Basilicon, Venice Turpentine, and Yolk of Egg, of each half an Ounce; Precipitate levigated, one Dram; Powders of Myrrh, Birthwort, and Gentian, of each half a Dram; Balsam of Peru, two Drams: Mix. During the Application of this, Bleeding and Purging should be made use of; and in case the Scirrhusity remains obstinate, Suppuration may be promoted by the following Fomentation.

*Take Leaves of Melilot, St. John's Wort, and common Wormwood, of each a Handful: Boil in Spring Water, enough to cover them: To a Pint of the strain'd Decoction add campho-
rated*

rated Spirit of Wine, two Ounces; Hungary Water, one Ounce; Spirit of Salt Armoniac, half an Ounce: Mix, and foment the Part frequently.

Where these are found insufficient, farther Advice is immediately necessary, such as I shall not pretend to give in a Work of this Nature, which is designed only for the Use of Women themselves. Which Hint may be sufficient in those other Cases, where there is a Swelling without Appearance of Matter, which cannot be expell'd or resolv'd by the Use of such discutient Medicines as are prescribed in this Chapter.

When the *Veins* of the Breasts are *knotted*; or preternaturally swell'd, and the Case is not attended with an Ulcer, the Patient, if plethoric, may bleed: Afterwards let her foment the Part several times with red Wine and Water, and then wear over it a Plaister of *red Minium* and *simple Diachylon*, in equal Parts. Issues too may be here useful. But where there are any Symptoms of an Ulcer, other Means must be practised.

Rawness and *Chaps* of the Nipples are seldom dangerous, tho' often very troublesome, and of long Continuance. For a simple Rawness, it may suffice to bathe the Part now and then with *warm Milk*, or to apply a Compress that has been dipp'd therein, and renew the Application frequently, as the former grows cold. *Fresh Cream* also rubb'd
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on, or apply'd spread upon fine Linen, has been found very serviceable. But where the Fibres of the Nipples are very dry and parched, the following Liniment may be more successful.

Take Sperma Ceti, two Drams; white Wax, one Dram; Oil of Sweet Almonds, ten Drams: Dissolve them together; then add Saffron pulverized, half a Scruple; fine Sugar, one Dram and an half: Mix.

On the contrary, when the Fibres of the Nipples are lax and moist, the following is to be preferr'd, and is accounted a more general and certain Remedy in both Rawness and Chaps.

Take fresh Pomatum, half an Ounce; Starch powder'd, and Armenian Bole, of each one Dram and an half; fine Sugar, one Dram; Powder of Saffron, five Grains: Mix. Anoint with it often.

The following is both cleansing and drying, and has often been used with Success, where both these Intentions are to be answered.

Take white camphorated Ointment, half an Ounce; Powder of Armenian Bole, two Drams; white Troches of Rhasis and best Starch, of each one Dram; best Honey, enough to make an Ointment.

Oil

Oil of Myrrh by Resolution, to touch the Part with, is by some held for a Specific in the Cure of chapp'd Nipples, and as such made a great Secret of by many good Women. Others fill the Chaps with only *fine powder'd Sugar*, and a little *Ointment of Tutty* over it. Both of these have been found serviceable.

These Liniments, or Ointments should be constantly washed off with warm Milk, before the Child is suffered to suck. And in order to keep on the Dressings, little Cups of Wood or Lead, with Holes in them, or Nipple Glasses, ought to be made use of. It may sometimes be necessary to wean the Child, and dry up the Milk, when giving suck is found to increase the Disorder. Spongy Flesh should be eat off with *red Precipitate levigated*, mix'd with *red Ointment* for the Dressing. When the Nipples, by Means of an Ulcer, are quite consumed, the Child being weaned, or put to another Nurse, an Attempt may be successfully made to form new Nipples, by the Use of Breast Glasses, and a well regulated Suction.

In order to prevent an *Over-abundance of Milk*, which may distend the Vessels, and occasion Inflammation and Pain, it is usual, presently after Delivery, to apply Diachylon Plaisters to the Breasts. This is generally sufficient where the Mother designs to nurse the Child herself: But where it is not so, a
Mixture

Mixture of *Ointment of Poplar*, and *White Ointment*, spread upon Linen, or of *Oil of Roses* and *Vinegar*, are recommended for the same Purpose; as likewise *Rags* dipp'd in *Brandy*, and applied to the Arm-pits. A new-born Child should not suck the Mother for at least three or four Days after Delivery, during which Time the Breasts should be artificially drawn. But where, notwithstanding all Precautions, the Breasts are greatly distended and painful, a gentle Purge may be given at about fifteen Days after Delivery, and repeated occasionally, if no forbidding Symptoms appear. The Diet, in the mean Time, should be slender.

When there is a *Deficiency* of *Milk* for the Nourishment of the Child, the Mother should promote the Increase of it by Emulsions, Jellies, Broths, Wine, good Malt Liquors, and a juicy Food, of easy Digestion. But if the Case proceed from Weakness of Constitution, which will not admit of high Diet, it may be proper to wean the Child, or put it elsewhere, and discuss the Remainder of the Milk.

When the *Milk* is of too *thick* a Consistence, yet in sufficient Quantity, a slender, liquid, and diluting Diet is necessary. Spirituous Liquors should be avoided: But a Glass of Wine and Water may be allow'd. Tea and Sack-Whey are here very proper Liquors, and a small Dose of the Bark may be of Use.

Thin

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Thin and *watry Milk* is to be otherwise rectified. A solid Diet, strong Jellies, with Flesh Meat that is easy of Digestion, are here proper, as in Case of a Deficiency of Milk.

When the *Milk* turns *sour* in the Breasts, it is usually sweeten'd by *Gascoigne's Powder*, *Sarsaparilla Powder*, and the like; but may sometimes require a Course of antiscorbutick Medicines, as Diet-drinks, &c.

When there is a Necessity to *discuss* the *Milk*, it is usual, in the first place, to apply *Diachylon*, or *De Minium* Plaisters to the whole Breasts; as likewise the Mixture of *Poplar* and *White Ointment* before mentioned, spread upon Linen; putting Rags dipp'd in *Rum* or *Brandy*, under the Arm-pits: But when the Breasts are full of *Milk*, they ought to be first drawn; after which they may be bathed with *Brandy*, and then cover'd with *Flannel*, or *Diachylon Plaister*. *Allum* dissolved in *Vinegar*, may be also used as a Fomentation, covering the Breasts afterwards with Rags dipp'd in the same, and applying other Rags so dipp'd to the Arm-pits. *Honey* likewise used as a Poulrice, has been here found effectual: So have the *Lees of red Wine*, or *white Troches of Rhasis* dissolved in *Lime Water*, or *Plantain Water*. During the Use of these, observe a slender Regimen; and if the *Lochia* are totally stopp'd, Purges and Glysters may be serviceable, as the Constitution will bear. And if the Ef-

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fect of all these is not immediately sufficient, the Breasts should be now and then drawn, for some Time, to prevent any bad Consequences.

The following Plaister, Ointment, and Mixture, may perhaps be more successful than any other Medicine, for drying away the Milk, when used according to Direction.

Take simple Diachylon, brown Minium, and Soap Plaister, of each one Ounce; Cummin Plaister, half an Ounce; dissolve them, and add Oil of Amber, one Dram: Mix. Spread a little of this upon Linen for a Plaister, and apply it to the Breasts, after having anointed them with the Ointment, which is thus made:

Take Ointments of Poplar, white camphorated, Laurel, mix'd, and best Honey, of each half an Ounce: Mix for an Ointment. Let it be rubb'd in with a warm Hand. For the Mixture,

Take Aqua Vitæ, best Vinegar, Oil of St. John's Wort, of each two Ounces; Lime Water, Plantain Water, and Frog-spawn Water, of each half an Ounce; Sugar of Lead, Roche Allum, and white Troches of Rhasis, of each two Drams; Spirit of Sal Armoniac, one Dram: Mix. Use this as a Fomentation, between whiles, and when the Breasts are free from the Plaister and Ointment.

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There are very few Cases in which either of these will not be sufficient alone ; but I have set down Variety of Forms, according to my Custom, that nothing may be wanting to make this Treatise compleat.

C H A P. XX.

Of the Diseases of Infants, from their Birth, till four or five Years of Age.

IT is proper, immediately after Children are born, to search narrowly whether they have received any Injury, either in the Womb, or in the Delivery itself.

Bruises in the Head, or elsewhere, occasioned by the rough Treatment of the Midwife, and *Swellings*, occasioned by a Pressure against the internal Orifice, may be cured or disscussed by the following Mixture.

Take camphorated Spirit of Wine and Oil of Sweet Almonds, of each two Drams ; compound Spirit of Lavender, half a Dram : Mix. Let the injur'd Part be frequently anointed herewith. It may also be now and then fomented with warm Milk. But if the Swelling tends to Suppuration, it ought to be immediately forwarded with *Mucilage Plaister*, *Diachylon with Gum*, or a Poultice of *Bread and Milk*. And after the Discharge of Matter, use *Arceus's Liniment*, warm, and mixed with

a little *Peruvian Balsam*, for the Dressings, covering them with a *simple Diachylon* Plaister.

When a Bruise happens in the *Scrotum*, it should be frequently fomented with this Decoction.

Take Pomegranate Peel and Balaustine Flowers, of each one Dram; Flowers of red Roses and Melilot, of each a Handful: Boil them, a little, in eight Ounces of red Wine, and strain for Use.

A *Fracture* or *Dislocation* in Infants, must be treated by a Surgeon, as in Adults. For Internals, when the Injury is great, a little *Syrup of Rhubarb* may be serviceable, with now and then a small Spoonful of Sack.

When the *Breasts* of an Infant are *swelled*, and seem to contain *Milk*, part of the Humours should be gently press'd out with the Fingers, and the rest repell'd by a *Diachylon* Plaister, or the Mixture of *Poppies* and *white Ointment*, assisted with a gentle swathing up of the Part.

When a Child is so *weak* and *faint* upon Delivery, as to seem hardly alive, he must be wrapp'd in Flannel, directly after the cleansing; and a little *warm Wine* should be poured down the Throat, or spirted up the Nostrils. A brisk Motion of the whole Child, or a smart Stroke upon the Buttocks, may be also serviceable. If these fail, a little Spirit of Hartshorn may be applied to
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the Nose. When the Child is brought to himself, yet still continues weak, give him first a Purge or two of *Rhubarb*, about five Grains at a Dose; and then continue for some Time a Paper of the following Powder, two or three Times a Day, with a Spoonful of the Julep after it.

Take simple Powder of Crabs Claws, two Drams; fine Chalk and Oyster Shells, of each one Dram; Powder of red Rose Flowers, two Scruples; best Cinnamon, one Scruple: Mix, and make fifteen Papers. For the Julep,

Take Black Cherry Water, six Ounces; strong Cinnamon Water, two Ounces; Syrup of Citron Peels, an Ounce and an half; Confection of Kermes, two Drams: Mix. Let a Spoonful at a Time be often given between the Powders.

Some use only *compound Powder of Crabs Claws*, vulgarly call'd *Gascoign's Powder*, about five, six, or seven Grains at a time, in a little thin *Hartshorn Drink*, for almost all Diseases of their Children; and it is, in reality, an excellent Preparation. But as this Powder is very liable to be counterfeit-ed, I would advise all Women to be careful where they buy it.

Vomiting in Children, when violent, and of long standing (for otherwise it is not dangerous) may be cured likewise by a Dose or two of *Rhubarb*, and a free Use of the following

lowing testaceous Mixture, one Spoonful at a time.

Take Mint and small Cinnamon Waters, of each two Ounces; compound Piony Water, six Drams; levigated Chalk and simple Preparation of Crabs Claws, of each one Dram and an half; Syrup of Citron Peels, six Drams: Mix. At the same Time while this is taking, spread a little of the *magisterial Stomach Plaiſter* upon Leather, and rub it over with *Oil of Nutmeg by Expression*, which apply to the Stomach. And when the Child is very restless, fifteen Drops of *Sydenham's Liquid Laudanum* may be added to the whole Quantity of the Mixture above, or fewer in Proportion to the remaining Quantity.

The *Gripes* in Children sometimes prove so violent, as to throw them into universal Convulsions, or to cause what is call'd a Convulsion of the Bowels. When the Diet is suspected to cause this Disorder, it is usual to boil *Carraway Seeds* and *Laurel Leaves* along with the Panada, or to mix with it a little *Wine* or *Brandy*. If the *Meconium* has not been duly purged away, five Grains of *Rhubarb* should be given twice a Week, 'till the Bowels are evacuated; or a little *Oil of Sweet Almonds*, and *Syrup of Violets*, where the Infant is weak. When the taking in too much Milk is suspected to be the Cause, let it be debarr'd the Nipple a short Time, and
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in the mean while exhibiting the following Mixture.

Take Syrups of Peach Blossoms, and Rhubarb, of each half an Ounce; Oil of Aniseed, two Drops: Mix. Let a small Spoonful of this be given occasionally, while the Symptoms last.

When the Curdling of the Milk causes the Gripes, proceed as follows.

Take Rhubarb powder'd fine, ten Grains; Oil of Aniseed, one Drop: Mix. Give this for a Purge in a Spoonful of the Mother's Milk, and repeat the Dose two or three times, if there be occasion. Afterwards,

Take simple Powder of Crabs Claws, one Dram; fine Chalk, half a Dram; Preparations of Pearls and red Coral, of each one Scruple: Mix, and divide into six Papers. Let one of these be taken three or four times a Day, drinking after it two Spoonfuls of the following Julep.

Take Black Cherry and Mint Waters, of each two Ounces; compound Piony Water, an Ounce; Syrup of Coral, six Drams; Preparation of Pearls, one Dram: Mix.

When Worms are the Cause of Gripes, the readiest way to remove them is by giving *Æthiops Mineral* and *Rhubarb*, mix'd in equal Quantities, about five Grains at a time, twice a Day. If Wind be the Cause, the Belly of the Child may be anointed with a Mixture of two Parts *Oil of Sweet Almonds*, and one Part *French Brandy*; wrapping the Part up warm afterwards, with a Flannel.

A *Looseness* in young Children ought not to be check'd, unless when it becomes violent, or continues too long. Then, in order to stop it, give the foregoing Purge of *Rhubarb* and *Oil of Aniseed*, for two or three Days together, exhibiting a small Spoonful of the following Mixture after every Stool.

Take small Cinnamon Water, and Alexiterial Milk Water, of each one Ounce and an half; compound Piony Water, half an Ounce; Dis-cordium, without Honey, one Dram; Spirit of Hartshorn, twenty Drops.

The Symptoms of *cutting Teeth* generally begin about the fifth or sixth Month, at which Time some of the fore Teeth arise, and occasion great Pain, or even Convulsions. Children have then commonly an Itching, Heat, Pain, and Swelling in the Gums; their Spittle rises much; they are restless and feverish, sometimes loose, and sometimes costive. A few Days before any Tooth is cut, the Gum immediately above it appears thin and whitish, its Sides being swelled and inflamed. Children of gross Habit, and who breed their Teeth with Costiveness, are generally in most danger. The following Mixture, given occasionally, will mitigate the Pain during the cutting of Teeth.

Take Black Cherry Water, two Ounces; compound Piony Water, two Drams; best levigated Chalk, and simple Preparation of Crabs Claws, of each one Dram; Confection of Kermes, two Scruples; Sydenham's Liquid Laudanum, fifteen Drops:

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Drops : Mix. Let one Spoonful be given at a time, when the Child is very restless.

Those little ulcerous Eruptions in the Mouth call'd the *Thrush*, which sometimes appear early, and sometimes not 'till the third or fourth Year, are accounted dangerous when joined with a Fever, and are always troublesome. The Child here should be kept moderately cool, as in a common Fever, and a small Blister may be applied to the Neck, if the Disorder be great. In the mean time, use the following Julep.

Take Black Cherry Water, four Ounces ; Treacle Water, one Ounce ; Lemon Juice, six Drams ; Spirit of Sweet Nitre and Sal Volatile Oleosum, of each fifteen Drops : Mix. Give a Spoonful or two every third or fourth Hour.

The Use of the testaceous Powders, such as *Pearl, Coral, Crabs Eyes, and Crabs Claws*, should be forborn when the Mouth is very ulcerous. *Syrup of Saffron and Treacle Water*, moderately used, make a good Medicine when the Child is very young. In the mean time, let the Ulcers in the Mouth be cleansed with the following Gargle.

Take Barley Decoction, three Ounces ; best Vinegar, one Ounce ; Syrup of Mulberries, six Drams : Mix. This should be used twice or thrice a Day, with a soft Linen Rag, or the Nurse's Finger. But if the Ulcers are very foul, mix *Mel Rosatum, half an Ounce, with three Drops of Oil of Vitriol*, and touch the Parts.

Coughing, Crying, violent Motion, and tight Swathing, are apt to cause *Ruptures* in the tender Bodies of Infants. Sometimes the Navel-string falls off too soon, Blood flows, the Intestines fall out, all from the same Causes. In the latter Case, Care must be taken that the Bowels be not entangled, when replaced. While the Rupture is fresh, it may be remedied by the constant wearing of a Truss, made for that Purpose. Astringent Fomentations, made of *Pomegranate Peels, Balauetine and red Rose Flowers, boil'd in Lime-water, and mix'd with red Wine*, may be used after the Intestines are replaced, which should be immediately done. Small Ruptures in the Groin and Privities, happening frequently in Children, are usually cured with small Difficulty, by only Plaisters and Bandages: But when they continue obstinate, the Child should be kept in the Cradle, as quiet as possible. When there is a Gathering of Water, it should be discuss'd with the following Fomentation frequently used.

Take Leaves of Rosemary, common Worm-wood, Marjoram and Rue, of each half a Handful; Lavender Flowers, a Handful: Boil them a little while in a sufficient Quantity of Spring-water. To ten Ounces of the strain'd Decoction add, camphorated Spirit of Wine and Hungary-water, of each one Ounce: Mix.

When the Swelling is pretty well discuss'd, it will be proper to use the astringent Fomentation

mentation before mentioned. And for an Internal, during the Cure, the following Julep.

Take Parsley-Water, four Ounces ; compound Horse-Radish-Water, and White Wine, of each one Ounce ; Syrup of Marsh-mallows, six Drams ; Spirit of Sweet Nitre, half a Dram : Mix. Let two Spoonfuls at a Time be given often.

When the *Sutures*, or joining Seams of the Head continue long too open, 'tis thought a bad Sign. In this Case, it is usual to rub the Head often with a little warm *Rum* or *Brandy*, mix'd with the *White of an Egg*, and *Palm Oil* ; a red Cloth being constantly worn over the Part. But when this Disorder proceeds from a Collection of Water in the Head, it must be cured by *Issues* in the Neck, *perpetual Blisters*, and *Purgatives*. A purgative Diet Drink may be made of *Rhubarb* and *Sweet Fennel Seeds*, to be drank daily. When there is a Disorder directly opposite to this, called *Head-Mould-Shot*, which signifies a too close locking of the *Sutures*, it is usually left to Nature, as admitting of no Help from Medicines.

Inflammations and *Ravnefs* in young Children, wherever situated, are usually washed with *warm Water*, twice or thrice a Day, and then anointed with *Fullers Earth*, dissolved in the *Yolk of an Egg*. But where the Disorder is considerable, 'tis proper to foment

the Parts with *white Troches of Rhafis*, dissolved in *Plantain Water*; also to keep them dry, and prevent their rubbing, by the Interposition of fine Linen Rags, with a little *drying red Ointment*, or *Ointment of Pompholyx*, spread thin thereon.

Breakings-out in Children, when they are superficial, contain a thin yellow Matter, and leave the Skin beneath red when the Scabs fall off, are rather salutary than hurtful. 'Tis customary, however, to purge with a few Grains of *Rhubarb*, and anoint the *Pustules* with *Cream*, or *Oil of Almonds*. A little *Basilicon* likewise, spread thin upon Linen, has been found useful; and the Body should be kept open. But when these Cases grow inveterate and stubborn, there can be no safer Method than a Course of *Æthiops Mineral* and *Rhubarb*, according to the Directions in the Article concerning Women.

When the *Milk* of the Mother, or Nurse, has a manifest ill Effect on the Child, it is proper to wean him, or put him elsewhere. 'Tis usually required in a good Nurse, that she should be under thirty-five, have a chearful Temper, clear Skin, sweet Breath, and be every way healthful: That her Husband should also be healthy; that she should have had more than one Child, and have laid in of her last at least six Weeks: Her Breasts should be large, full, soft, free from Lumps, or any particular Hardness; her Milk not wheyish or blue, but of a thick Consistence,
white

white and sweet tasted. These Precautions should be observed, when any other Nurse than the Mother is found necessary ; though without great Necessity, I would by no means advise the putting out of a Child.

The *Rickets* is a Disorder of the Bones of Children, causing a Bunching-out, or Crookedness thereof. It may be occasioned by Swathing a Child too tight in some Places, and too loose in others ; by placing him in an inconvenient, or too often in the same Posture ; suffering him to be long wet ; not giving him proper Motion, or using him to one Arm only. It may also be owing to the Parents, or some Defect in the digestive Faculty, or a Viscidity of the Blood. But the most evident Cause of the Rickets, is the Violence done to the Body by Pressure, or Swathing, while the Bones are but in a cartilaginous State. Add to this, external Injury by Falls, Blows, Dislocations, or Fractures, which Species sometimes brings on an Asthma, Consumption, or Crookedness of the Back.

A Child is supposed rickety, who talks before he makes use of his Legs. Upon the first Appearance of this Disease, which usually happens between the eighth Month and fifth Year of his Age, the Part it affects grows flaccid and weak ; the Child becomes pale, sickly, slothful, and loses the Use of his Feet, though he had it before ; his Head grows too large for the Trunk, and cannot be managed by the Muscles of the Neck ; knotty Excre-
scencies

scencies appear in the Wrists, Ancles, and Tops of the Ribs; the Bones of the Legs and Thighs become crooked, which makes his Motion disagreeable; and sometimes the Arms also are distorted, and appear knotty. If these Symptoms continue long, a Difficulty of Breathing, Cough, and hysteric Fever come on; the Belly swells, the Pulse grows weak, and the Child's Life is in danger.

The Rickets is most commonly cured, when taken in time, and while the Child is very young: But if it continues long, the Patient generally becomes a Dwarf, and is sickly or phthical during his whole Life, especially if the Back be any way affected. Sprightliness and Breakings-out in the Skin, are good Signs in this Distemper.

A ricketty Child should be used to Motion, and kept as much as possible in a Posture opposite to that which his Bones are inclined to. Swinging, rocking, and the like, are very good. A clear, warm Air is very useful; as is the keeping him from any external Moisture. In young Children, the Use of Bolsters or Bandages, suited to the Parts affected, often make a Cure alone. But when the Bones are grown tougher, other Contrivances, as Padding, strait Boots, Machines of Pasteboard, Whalebone, or Tin, are usually found necessary. 'Tis thought serviceable, before the Distemper is confirmed, to plunge the Child two or three times every Morning in a Tub of cold Water, during the Months of

May

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May and June especially. After being taken out the last time, he is to be well dried, and put immediately into his Bed or Cradle, there to sweat freely for an Hour or more, as his Strength will bear ; and when he grows cool again, he may be taken up and shifted. His Back-bone also, and Joints, may every Night be anointed before the Fire, with the *White of an Egg*, beat into a Water with a Whisk or Spoon ; or with a Liniment of *Rum* and *Palm Oil*. 'Tis usual likewise to apply a Plaister of *Minium* and *Oxycroceum* along his Back ; and to rub him all over before the Fire, but mostly the Parts affected, with a dry Linen Cloth. The *Oil of Snails*, which is only what drops from them when they are bruised and hung up in a Flannel Bag, is a famous Medicine for anointing of the Limbs with, especially those which are distorted. But perhaps nothing can exceed the following Liniment and Plaister ; the former for anointing the Joints, and principal Parts affected, with a warm Hand, once or twice every Day ; and the latter for applying to the Back, or to any particular Part, being spread upon Leather.

Take Nerve Ointment and Soldiers Ointment, with Oils of Palm and Bays, of each one Ounce ; Balsam of Peru and Oil of Nutmeg by Expression, of each two Drams ; Oil of Cloves, and chemical Oil of Amber, of each ten Drops ; compound Spirit of Lavender, one Ounce ; Spirit of Sal Armoniac, two Drams : Mix for a Liniment.

Take

Take Plaisters of Cummin, brown Minium, ad Herniam and Oxycroceum, of each half an Ounce; Balsam of Peru, one Dram; Powder of red Rose Flowers, and Armenian Bole, of each half an Ounce; Oils of Amber and Campfire, of each one Dram; Oil of Parsley, enough to make a Consistence for a Plaister.

When the Distemper seems fixed and obstinate, Issues may be cut in the Arms or Neck, especially if the Head be large, and the Child of a gross Habit. And during the Use of Externals, the following gentle Purgative may be given, in order to purge the Passages, which in this Distemper are generally clogg'd and obstructed.

Take pectoral Decoction, one Ounce; Manna and Syrup of Rhubarb, of each two Drams; Sal Volatile Oleosum, ten Drops: Mix for a Draught, to be taken in the Morning.

But in case of Worms, watry Humours, or a large Head, the following seems more peculiarly suitable.

Take Powders of Rhubarb, Sena compound, Æthiops Mineral, and Cream of Tartar, of each six Grains; Calomel, five Grains; Resin of Jalap, three Grains; Oil of Aniseed, one Drop: Mix. Give it in a Spoonful of common Pap.

After the Use of Evacuations, a Course of Milk, wherein Garden Snails have been boil'd,
has

has been found excellent, especially where there is a Tendency to a Consumption. A Quarter of a Pint of Milk thus boil'd, with about an Ounce of Snails, is sufficient for a Child of two Years old. It should be taken every Morning and Evening, and continued for some Months. A *Syrup of Turnips* also may be made by boiling up the clarified Juice with Sugar, which may be taken to Advantage, a Spoonful or two at a time. And the following Infusion, where any thing purgative is requisite, which is frequent in young Children, may be highly serviceable.

Take Rhubarb and Liquorice, cut small, of each two Drams; Tamarisk Bark, Capers, and sweet Fennel-seed bruised, of each one Dram; Mace, one Scruple; Raisins of the Sun stoned, an Ounce and an half; small Ale, a Pint and an half: Infuse them together for twenty-four Hours; then strain off for Use. Three or four Spoonfuls of this may be taken twice a Day, by a Child of two Years old, and in Proportion by others. But in consumptive and hectic Constitutions, the following Diet Drink has been found preferable.

Take Ash Bark, Tamarisk, Polypody of the Oak, Shavings of Hartshorn and Ivory, of each one Ounce; greater Comfrey Root, two Ounces: Boil them in two Gallons of small Ale; then strain, and to a Gallon and an half of the Decoction add, dead Nettle Flowers, Mallow Leaves, Harts-Tongue, of each two Handfuls;
Ani-

Aniseed and Coriander-seed, of each three Drams; live Wood-Lice bruised, and Raisins of the Sun stoned, of each half a Pound: Boil the whole again, then strain, and let the clear Liquor be for the Child's common Drink.

I shall conclude with the Mention of only one Powder and Julep, which have together been found serviceable in the Rickets, and may be given at any Time of the Disease, after the Use of proper Evacuations.

Take Milk of Sulphur, one Dram; Woodlice Powder, Preparation of Earth-worms, and Ens Veneris, of each one Scruple: Mix. Divide this Powder into six Papers, of which one is sufficient for a Child of two Years old. They may be taken twice a Day, drinking after each two Spoonfuls of the Julep, which is thus made:

Take sweet Fennel and Parsley Water, of each three Ounces; strong Snail Water, two Ounces; Syrup of Marsh-mallows, one Ounce; Tincture of Saffron, and compound Spirit of Lavender, of each two Drams: Mix. Two Spoonfuls of this may be given at Pleasure, between the Powders.

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D I F.

DIFFICULT TERMS *explained.*

A *Bdomen*, the lower Belly, containing the Guts, Liver, Spleen, Bladder, &c.

Anodyne, Medicines that assuage Pain.

Astringent, restraining, binding.

Cacochymic, abounding with vitiated Juices.

Callous, Callosity, Hardness, or Swelling without Pain.

Carminative, Medicines that expel Wind.

Cathartic, opening, purging Medicines.

Catheter, a hollow, crooked Instrument, for bringing the Urine out of the Bladder.

Digestion, a *digesting*, or dissolving of Bodies in Liquids by the Help of Heat.

Dilaceration, Laceration, tearing, rending asunder.

Discutient, repelling, or driving back.

Emaciate, reduce, waste, or make lean.

Emmenagogue, Medicines that promote the Menses, or Monthly Courses.

Emollient, Things that soften, supple, and relax.

Feculent, thick, full of Dregs and Impurity.

Fetid, ill-scented, stinking.

Friction, Rubbing, in order to dislodge obstructed Humours.

Gumous, thick, inclined to stagnate.

Hæmorrhoids, the Piles.

Hæmorrhoidal Vessels, Veins of the Great Gut.

Horizontal, flat, level.

Hystericks, Medicines proper for Disorders of the Womb, and Affections of the nervous System.

Laxative, loosening, opening.

Lenitive, soft and assuaging.

Leucophlegmatic, a bloated, pale Constitution, occasioned by the Coldness and Thickness of the Blood.

Ligature, a Fillet, Thread, or Swathe, wherewith any Part is bound.

Lymphaticks, slender Vessels, thro' which a thin transparent Liquor, called *Lymph*, passes to the Heart.

Oedematous Tumors, white soft Swellings, which put upon being pressed.

Plethoric Person, one who has a *Plethora*, or whose Vessels are fuller of Humours than is agreeable to a natural and healthful State.

Prolific,

Difficult Terms explained.

Prolific, fruitful, proper and apt for Generation.

Rarefaction, an Extension of the Parts of any Body, that makes it take up more Room than it did before.

Revulsion, the Calling-back of any Humour by Evacuation.

Scarification, an Incision of the Skin with a Lancet, practised chiefly in Cupping.

Scirrhus Tumor, *Scirrhusity*, a hard Swelling, that resists the Touch, occasioned by the Obstruction of gritty Matter.

Suppuration, the Ripening of the Matter in any Swelling.

Sutures, the Joinings of the Bones of the Head.

Testaceous, made of Shells, and such like Substances.

Troches, Medicines to hold and dissolve in the Mouth.

Tumor, *Tumefaction*, a Swelling.

Viscidit, the being *viscid*, thick.

Viscosity, the being *viscous*, clammy, sticky.

Uterine, belonging to the Uterus, or Womb.

N. B. If any other Words should occur, that are not plain at first Reading, they will become so by a little Reflection on the Subject treated of; it being impossible to avoid every Term of Art in a Physical Treatise.



